

3875. The same. Regimen Sanitatis Salerni. This boke teachinge all people to gouerne them in helthe, is translated out of the Latyne tonge into englyshe by Thomas Paynel. whiche boke is amended, augmented, and diligently imprinted. sm. 4°. (Lond., in aed. T. Bertheleti, 1541.)

With Latin text of the verses; only the commentary is translated. Running title: The regiment of helthe. In contemporary stamped leather binding, rebacked. Autogr. of Francis Saverne, 1789, and "Hic liber Thome Bysbey mptus londini pretii xii d." in an early hand. Bt. at the Dunn sale, 4 Feb., 1913.

Bodley has the first of the English editions, 1530, and the S. G. L. those of 1535, 1541, 1557, 1575, and 1597. Both the B. M. and the S. G. L. have more than 80 editions in various languages. [W. O.]

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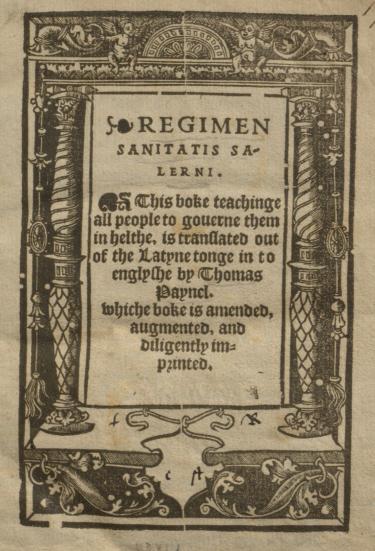
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Francis Teverno



PARECYMEN .111 2 2 3 3 one determination *HILLIAND DAY

To the right excellent and honozable lozde Thon Erle of Oxforde, and hyghe chamberlapne of England, Thomas Paynel gretynge.



Eding of olde auctours and fio= rpes mp moofte honozable lozde. I fynde that men in tyme paste were of longerlyfe, and of moze prosperous heither than they are nowe a dayes. whyche thynge

as it greued me, foo in maner it enforced me, to seke the cause of this sodepne and strange al= teration. Foz why, it is written, that Adamly= ned. 930. pere. The Sibils of Cumane lined. tit. C. wynters: Restoz. iii. C. wynters: Arganton kynge of Cartelles . iii . C. peres: And Galen that famous doctoura. C. and . rl. peres, but nowe a dates, alas, if a man may approch to. rl. oz. lr. peres, men repute hym happye and fortunate. But pet howemanye come therto ? To ferche and gpue & berp true reason herof passeth my small capacite: without I may saye it be, because we fulfyll nat the commandementes of allmyghtre god, whyche to well wyllynge persons are very lyaht and of no burden . Hozoure lozde sayethe. Ady pocke is swete, and my bour = Mat. 11. den lyghte to be bozne. Saythe not the prophet Pfal. 227 Dauyd, that who to feareth god, and walkethe in his wayes and preceptes, that fe his childers. A.it. childzen.

Proner. 3. chyldzen, And Salomon fayth, D my chyldzen, forgette nat my preceptes and lawes, for they thal kepe you and prolog pour daves and peres. And I wylle, sapthe our lozde god by Baupd, lêgthen his dayes. Than may not this be a rea-Pia. 90. sonable cause of this our Morte a wretched lyfe? Truely I suppose it be by our millyupnge and fylthy synner whiche beynge so abominable and Capi.quia foo hogypble, is at sometyme the verye cause of infirmitas copposalle infyzmpte, and of Chore lyfe, Sapoe de peni, et not our loide, the philitian of all philitions, buremis. to the focke man : Rowe I have healed the, De= loan.s. parte thou from hens, and loke thou fpnne no= moze, lefte a wozfe harme happen bppon the ? D2 whether Chall I save, that it chauncethe by our myste drete e and to moche surfettynge e Truelye, the prouerbe sayethe, that there dre Eccl.37. mange mo by furfette, than by the fwozbe. Accordpinge wherto the wpfe man fapeth, Surfette flecthe manye a one: and temperance p20= longeth the lyfe . Surfette and diuerlytes of meates and dynkes, lettynge and corruptinge the digestion, febleth man, and bery ofte causeth this Mortenes of lyfe. What other thynge but mpffe Diete caufed Ptolomeus Philadelphus to

Plini. l. 7.

goute, and foo as it is waytten, that nothpinge coude releffe his pepne, fauing beathe what caus fed Antipater, and that noble man Mecenas, to be continually vered with the feuer, but yl dietee

be so myserably and pequefullye vered with the

amhat

what other thinge infected Aristarcus with the dioply, but ployete : Yl dyete (as me thinketh) is chyefe cause of all dangerous and intollerable dyleales, and of the shortenes of mans lyfe. Chan it muste nedes folowe, that a temperate and a moderate diete prolongethe mans lyfe, and faueth hym from al fuch pepneful diseafes. And therfore Asclepiades that noble physicion, professed, There are.b.necessary thyinges to con ferue and prolonge mans prosperite, and helth: that is, abstinence from meate, abstinence from wyne, rubbynge of the body, exercise, and dige: Kion . D howeholsome is it than to ble good dycte, to lyue temperately, to eschewe excesse of meates and dynkes. Yea howe greately are we Englysh men boude to the maysters of the butuerlite of Salerne (Salerne is in the realme of Naples) whiche bouchelaked in our behalfe to compile this foo necessarye, and so holsome a boke ? But what auaplethe it, to haue golde 02 abundance of cyches, if one can nat viett:

b. necessary thinges in the registment of helthe.

Balerne.

abundance of cyches, if one can nat vie it?
What helpeth colledy medicines, if one recepte them nat? So what profiteth us a boke, be it never so expedient and frutefulle, if we understande it nat? wherfore I, conspoerynge the fruite y myght come of this boke, if it were tradated into the englyshe tonge (for why, energy man understandeth nat the latyne) I thoughte it were verye expedient at sometymes, for the welthe of unlerned persons, to busye my selfe I, iti. there

therin. For lerned persons, and suche as have great experièce, nede no istruction to dyete them felse, nor to conserve their helth. Yet is such other wise and discrete glons, as is your lordhyppe, by chaunce rede this boke: they may parauenture synde that shall please them, and that best des they owned yete and custome of lyuynge, shall be for they corporall welfare a good helth. I wyll nat, nor it becomethe me nat, to exhort your lordshyp with let of other your great busy nesses, to rede this my poore translation: but if perchaunce at your leysoure ye rede it. I humbly desyre and praye your lordshyppe to rede it with forgyuenes: And to accepte the same as it is worthye.

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以及此时的证

FINIS TABVLE.

There beginneth this right frutefull and very necessarye boke called the Reginent of helthe.



Nglorum regi scripsit tota schola Salerni.
Si uis incolumem, si uis te reddere sanum,
Curas tolle graues, irasci crede prophunum.
Parce mero, cenato parum, non sit tihi uanum
Surgere post epulas. somnum suge meridianu.

Non mictum retine.non comprime fortiter anum.

Hæc bene si serues, tu longo tempore uiues.

His tyght fruteful and necessarye boke was compiled at the instaunce and for the bse of the most noble and victorious kyng of England, and of france, by all the doctours in philicke of the bniversite of Salerne, to the entent manne Choulde knowe howe to kepe his body in good helth. The auto, in the begynnyng of this boke techeth. bitt. general doctrines, the whiche here= after bespecified and also declared at legth. The T first doctrine is that he that desireth helth of body must eschew a auopde great charges thought and care . For thought depeth by mans bodye, hurtynge and leaupinge the spzytes in desolation and comfortles: whiche fo lefte and ful of heuines direthe by the bones. In this doctrine be coprehended melancolines and heumes, the whi= che greatly hurte the body: foz by their operatio the body wareth leane and colde, the hart Main= keth bp, the wytte and biderstandinge warethe dulle,

I Rule

dulle, the reason is troubled, and the memozye btterly marred . Yet never the leffe, it is very ex= pedyent for fatte and corfy folke, to be somtime pensyue and heuve, that thereby they may mo= derate the rake heat of their spartes, and make their bodyes leaner and moze sklender. The se= cond doctrine is to eschewe anger. for angre m lyke maner dayeth by the body, and excellively chaffeth a inflameth the membres . And to great heate, as Auicen faythe, depeth bp mans body. cap.i.doc. Secondly anger hutteth throughe heatynge & inflaminge of mans harte, and it letteth also the operations of reason. Some there be that natus rally, eyther by fickenes of chance of poilon, are colde: foz fuch folke to be angep is berp necesta= eye for their bodylye helthe, that their naturall heate by suche meanes may be ftered bp, gotten, A kepte. The thy de doctryne is to eate & daynke sobjely: for eatynge and depnkynge excessuely

de uino

àii.

et aqua. 4

causeth by to be bulusty, drouly, and southful, hurtping a infeblyng the ftomacke. Many other Aui, cap. inconventices, as Auteen fayth, groweth and chacethe through excelle of meates and drynkes as here after Malbe Declared . The iiii Doetrine is to make a leght fouper. forto moche meate take at upght cauleth & engendzeth quawinge & payne in the bealy, buquietnes, lette of naturall reste, and other grefes, whiche we fele a fe by experièce, the whiche hereafter halbe moze playn= The declared. The. b. doctrine is to walke after meate.

meate. for therby the meate disendethe to g bots tum of the stomake, where (as Auteen fapth) resteth the vertu of digestion. Foz the mouthe of the stomacke delyzeth fode, and maketh digestio. The. bi. doctrine is to eschewe flepe incontinent after meate. whiche caufeth helth and auopdeth diverse inframityes, as it is after thewed in these berles: Febris, pigrities, &c. The. bii. doctrine is to make water as ofte as neveth: for who that ke peth oz holdeth his water loger than nature re= quirethe, Chall auopd it with great peyne, and fo it may chance that death Chal folowe, as Autcen faith. Also to kepe the dregges a superfluite of mans fode longer than nature requireth, ingen= deeth many inconveniences in the body. For the liver and beynes called miseriakes, dive bp, for the most parte, the humours of the forland supfluite, and so they be made harde and can not be auoyded, and thus caufeth opilatios, in the gut= tes and bentolities, and so it may chance, it bze= beth impostumes : as after shall be shewed. The biii. doctrine is, that one doing his esement aa= uoiding the ozdeurs and fylth of the body. Muld not moche force and constrayne his fundement: for so doynge the emerardes & fiftule Mall greue hym, and the fundement many tymes is miloz= died a think out of his prie and natural place. finally thauctoz farth, that who so well observe the forfayde doctrines, Mall lyue longe in good helthe and prosperite,

Aut. dift, xix.li.iii. ca. de dife ficultate mingédi

23. it.

Si tibi deficiunt medici, medici tibi fiant

Hæctria, mens leta, requies, moderata dieta, Bere are taught. iit. general remedies to colerue in helthe all creatures, and specially noble men. The fyzite is to live toyfully: foz tope and myzth causeth man to be yonge and lusty. By moderate tope and inpathe youth is conserved, naturalle bertue comforted, the wytte Charped, and therby mais moze prompte, quicke, and of abilite to bo al good and honest operatios. Por it is not sayd with out a cause, that our top and myth must be moderate, foz whatt is without measure, it in= gendzeth dethe bothe bodilp and gostly. This moderate top is moste convenient for them that have moche care and trouble. Which top may be gotte by the ble of delicate meates and daynkes, by auopdynge of such thynges as engendre me= lancoly. And alfo, as Aucen faith in his. ri. boke and chap. of favlinge of mans hart, by dwelling and accompaning among our fredes. The.ii.re= medy is traquillity of mynde, of buderstanding, and of thoughte . Joznoble men throughe their great bulines and charges, are moche moze gre= ued and troubled than other meane personnes. Great carke of inpude and buderstandpinge di-Aroyeth the natural refte of man, whiche is most expedient for noble men: for they most e comonly are naturally day and colcricke; and therfore for them rest and quiet is tyght profitable and conuenient, The. iff. remedy is moderate diete, that is to

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is to eate and dynke moderately. And after that be declared, what incouencences growe through excelle of meates and daynkes.

Lumina mane manus furgens gelida lauet unda. Hac illac modicum pergat, modicum sua membra Extendat, crinem pectat, dentes fricet, ista

Confortant cerebrum, cofortant cetera membra.

Lote cale, sta, pasce, uel infrigisce minute. Here are veclared. bi doctrines, whiche comfort mans brapne, and the other membres of the bos dpe. The fyste is, whan we extern the mostlying z parly to walthe our cies with clere colde water. The eies wolde be walthed to clenfe awaye the ozdure and filthines that hange in the bries of them. And Aucen faythe, that the foueraynste thinge to mundify and clefe, and to make Charpe of fight the cies, is to open them, and so to put a plunge them in clere water . And apene he faith, that to bathe and plunge the eies in clere water, and therin to open them, comfozteth and conferueth the lyght, and specially of younge folke. The ceason why the eies muste be clensed with colde water, is by cause euery thyinge muste be conser= ucy by that that is like it. For Galen fayth, that hotte bodyes have nede of hotte medicynes, and colde bodies of colde medicins. Condering than that mans eies be colde of nature: it standeth with reson, that they shuld be wasshed with cold water and not with hotte. The.ti. doctryne is to 2 walle our hades whan we rife in the moznyng, 2B. iii .

Auic. dift. xiii . li . iii. ca de cos ferua, ocu lotu. Ide dift. iii ca. de deb.vio

Galen li. iii, de reg.

for they be instrumetes orderned to kepe and to mundify these membres, by the whiche the sup= fluities of the brayne be expulsed and auopded, as by the nostrils, the cies, the eares, and other naturall cunditis . And therfoze the handes fpe= cially ought to be walhed with colde water, foz y walhing of the handes with hot water engendieth woines in the bealy: & specially to walke them in hotte water incontinent after meate, as Ani. dift · Auteen layth . Foz the wallhynge of the handes trac. v. ca. in hote water incontinent after meate, draweth de lumbri. the inward and naturall heat of man to the erte= tioz partes, and so the digestion is unperfet, the which buperfet digestion is the principal cause that wormes be engendred. The thyrde doctrine is to roome a litell hither and thyther, whan we are rylen from refte, that so the superfluities of the stomacke, guttes, and lyuer, as the grosse mater of the bryne, may & moze spedily be thaust bnder. The . uit. doctrine is competently after refte og flepe to extend and ftretche out our hans bes, fete, and other lymmes, that the lyfely fpi= rites may come to the otter parties of the body, and fo cause the spirites of the branne to be more quicke and lubtyle. The. b. Doctryne is to combe our head in the moznynge, that the pozes of the head may be opened to anopde fuch hapours as pet by fleve are not confumed; and also to quicke the spirites of the branne. farthermore to combe the head is very holfome, and specially for aged men

men. And Auicen farth, that to combe the head is holfome, specially for olde men . Therfore one Chulde daply and ofte combe his head. for ofte combinge drawethe bp the bapours to the supes tioz partyes, and so devideth them from the eies. The. bi. doctrine is to walh and purge the tethe. 6 for the fylthines of the tethe causeth the brethe to flink, And of the filthines of the teth groweth certagne bapours, that greatly anove and hurt the branne. Farthermore the fylthynes of the tethe mpngledde with the meate, causethe the meate to corrupt and putrifie in the stomacke. Aucenna enstructethand teacheth bs howe we nay kepe the tethe from ache and ftynche. That is to washe the mouthe with wone twose a monethe: but to make the brethe lwete, it muste be popled with the rote of spozae. who so ever bleth he forlayde decoction and medicine Chall neuer paue the toothe ache. In the laste verse are cerapne generall rules: The fyzite is that after we have walhed and bathed our felfe, we must kepe bs warme. For than the cundites of the bodye. that is the pozes, ben open: by the whiche colde wpl perce in to the body, and engendze in bs di uers diseales. The. ii. is that after we have byned og taken our repaste, we muste for a whyle stande bp ryght, that so the meate may discende downe to the bottum of the stomacke, and than to walke a litel foftly: foz hafty moung dziueth natural hete from the interior partes to the outmarde

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Au. dift. 3. li.iiii. cap. de debilio wifus,

Auic. dift. vii.li. iii. ca. de co dent.

Seneral Rules

ward, and causeth pl digestion. The iti. is gone of colde complexion should not warme hym selfe to sodaynly, but by lyttell and lytell: for sodeyne change hurteth nature, as Galen saythe in the glose of this canon, Secundum multum et repente. &c. All stronge thynges and of extreme nature corrupt the body.

Sit breuis aut nullus tibi fomnus meridianus. Febris, pigrities, capitis dolor, atque catarrus. Hæc tibi proueniunt ex fomno meridiano.

Here he teachethe, that . till . inconveniences are ingendeed by the Aepinge at after none. Trest the afternone flepe causeth and ingendzeth feuers by reason of optilations. For the naturall heate & sprate of ma by day draweth to youtward pites of the body, and therfore digestion by day is but feble: But whan the naturall heate and spiritis of man drawe to y inwarde parties of the body: than throughe their motion the naturall heate is stered by, and therfore the nyght is the very feason of perfit digestion, and the budigested & rawe humours are the cause of opilatios, which opilations engendze feuers, as Aucen laith. Secondly, the after none flepe caufeth man to be flouthfull in his operations, and bulines, by the refon afoze fand. foz groffe humozs & budigefted cause mans spirites flowely to moue the bodye. for as a subtile quicke spirite causeth lyghtnes of body, to a lumpy the oz a heur fpzite caufeth a Auggishe body. Thyzoly, the after none sepe en gendzeth

Aui. dist.i 2 li.iii. cap. de putri.

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gedzeth heed ache. for the gros and budigefted The cause meate that remayneth in the stomake doth left of heed bp to the brane grosbapours, the whiche trou ache. ble and greue it. And of very confequens, if vapours of groffe matter be ftered by and caufed. they must also be gros. for Galen faythe in the glose of this aphonime, Qui cretcunt &c. that it muste nedes folowe, that all thynges be lyke those thinges, of whom they be engenozed. The mi. inconuemence is the pofe and reume. Reu = 4 mes be humours that runne from one membre to an other, and as they rounne to divers par= tes of the body, fo they have divers names. for whan the reume cometh to the lyghtes, they be called catacri: and whan they roune to the che= kes, they be called branchus: and whan they counne to the nofe, they are called cousam : as it appereth in theie berfes.

Si fluit ad pedus, dicatur renma catarrus. Adfauces branchus, ad nares dico corisam.

But besides the reasons of the diseases befoze The diver reherfed, there be many other reasons, and moze fice of fe: effectual. The cause of & first inconveniece that is of feuers, whiche some tyme are called putri= fied feuers, and some tyme feuers effimeras. A feuer effimere is engendzed of bapours and a feuer effi finudge fumes kept and reteined after the after meras is a noone Cepe, the whiche absteyninge from Cepe is wonte to consume. Galen sayth, that thefe fes Gal. de acto uers effimeras come through fayntneffe, dron= curatina an Glauci, solos OF. kennes.

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THE REGIMENT

kennes, angre, furiousnes, inward sozowe, and other wehement cares of the mynde: and the fe= uers that come by inflammation of the preucp membres, are of the fame konde. Thefe feuers be soone cured, as by bapupuge and customable diete. The putrified feuer is engendzed of the humidites in man bndigefted, and augmented by the after none fleve. Balen farth, that feuers engendeco of corruption of humours are called putrified feuers. The.ii.incouenience.that is to be flowe in operation and mocions, chanceth by reason that by the after noone sepe, the humidi= ties, and fumes in man are retepned aboute the muskyls, bernes, and iopntes, and eke caufeth the forland membres to be aftonico and a flepe, and therfore the bodye after owner is Come and heup in operations. The thy de inconvenience (that is the heed ache) commeth, as is befoze De= clared in the. ii. inconvenience : that is to fave. by the humidities and vapours reterned in the bodpe throughe flepe and refte, whiche by fuche meanes are troubled and moned towarde the brayne, and fo caufe the beed ache. The, itt, in= convenience, that is the catart, fignifience all maner of reumes, chanceth to man and greatly greueth hym, thosoughe vapours and fumes, whiche are wont to be dissolved and cosumed by watche, and by reason of slepe they drawe to the inwarde parties of man, and fume bowarde to: warde the branne : whiche fumes ingroffed by colde

Sal.de arte curativa ad Slauc.i.

colde, retourne to the lowe partes caterrilans of mans body. Aucen allegeth many other mcon: Aui. dift. uemences and difeafes engendzed of the after xiii.lib.i. noone flepe. The frifte difeafe is the gout and pailey, the whiche grene bs, by reason that the humidites, that are wont to be deperby and co= fumed by the heate of the fonne and by watche, do remapne stylle in the bodge. The seconde is, the couloz, and corruption of the face, throughe the watriffe humidites, lyke buto mans bime myngled with the bloudde, which watriffhe hu= midites are wone to be walled and confumed by watche, and by reason of flepynge they ascende with the bloud towarde the brapne and the face. and to they cause the face to swelle and to ware pale. The thyede inconvenience is, that after none flepe ingedzeth the fplene, a that by the kepyng in of the groffe melancoly humoes by the day rest. for as watch with the heate of the day (whiche doth open) grueth moupinge and way to melancoly humors by the strapte cundites of the body: fo the day sepe letteth and distroyeth the passages and propre waves of them: and spe cially it distroyeth and stoppeth the cudites that come from the spiene to the mouth of the stoma= ke, that are orderned to proudke mans apetite, by whiche cubites al melancoly superfluites are wont comonly to be clarifyed. The. iii. hurte is, that the after noone sepe mollyfieth the veynes, bycaule that the humidites, the whiche are C.II. mont

doc.ii.ca.

wonte to be diffolued by the day watche, can not be restozed, whiche so remaynynge in mans boa by do day by the bemes. The. v. incouenièce is. that man by reason of rest og flepe, loseth his ap petite, for lacke of resolution of the humours: whiche resolution is chiefe and principall cause of the appetite. In other reason is, that the replengthing and fillipage of the flomake with fu mes and humidites, mollifieth and flutteth the mouth therof. The. bi. inconvenience that after noone flepe dothe engendze, is impostumes, by meanes of humidites ecreafed by the day flepe, the whiche drawe to one membre or other, a foo cause it to swelle. Auteen sayth, that besydes all these foresappe, there be two other speciali caus fes that proue the after none flepe to be hurtful. The firste is, that the daye rest is soone corrup: ted, bicause the heate of the day draweth the cor pozal heate to the exterior parties of man: but the nyght reft both clene cotrarie: for it draweth the corporall heate of man towarde the inwarde parties. Of the which two motions there is ens gendzed a violent motion, that disturbethe nas ture. And therfoze they that woll flepe and refte them by day, are counsapled to sepe in darke places and in Madowe. The.ii.caufe is that the day reste maketh a man unlustre, drouly, and as halfe a feroe, and that by the changing of na ture frome his olde custome, that is from dige= ftion of his meate: yet not withstandpage that the

the after noone rest of sepe is generally disper fed, a the night reft greatly comended a prepfed, pet the flepe that is taken in the mompinge. iit. houres before the fonne rpfynge, and.iii.houres after the fonne is tylen, is not to be difpzepled: As Hippocrates fayth in his.ii.boke of pronoft. Slepe conuentent and naturalt taken by nyaht or by day is allowable, and contrary is hurtful: but the moznyng slepe of all the day is lest wozthy dispreyse. And all be but the day slepe and at after none are forbiden by olde fathers and doc tours, yet for all that, nowe adapes flepe taken in the day tyme is not greatly to be blamed, fpe= cially as Bartrutius lapth, if thefe. b. condicp= ons therin be diligently observed. The fyittis, if it be customably bled. Them. is that it be nat taken immediately after opner. The.iti.is, that one Clepe nat with his heed lieng lowe. The. iiit. is, nat to flepe to longe. The. b. nat to be waked sodeinly a ferfully, but with good moderation.

Quatuor ex uento ueniunt in uentre retento.

Spasmus, hidrops, colica, uertigo, quatuor ista.

Here are declared, itii, incouentêces of diseles that come by the long holding of wind in mans bodge. The fyshe is called the crampe. The ventosites of the body, rounne of among the tointes and beines, a fylleth them with winde. Of the whiche fyllpuge cometh retraction and wightlying together of y vegnes. And Auicen sayth, that the crampe is a disease that lyeth in T.iii. the

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the bernes, by the whiche the membres of mair moue and criende them felue. This crampe is diners, one is caused by replemshyinge, where by the membre is made fhorte and greatte, and wipnkelpnge to gether lyke lether, of a harpe Arynge, throughe the matter replenishinge the mebres. This maner of crape cometh fodarnly. There is a nother kynde of the crampe moche lyke a tabozet, whiche infozceth the membre after his lengthe and largenes to crompull to ac= ther lyke parchement cafte in the fire. This maner of crampe cometh flowly. The fecond incon uentence is called the dropfy, a materiall disease engebred of a very colde matter, whiche entreth and enflateth the membres or places of a mans body, in whiche is the regimet, that is the digefrom of meates and humors, as in the fromake. the lyuer, and the voide places about the bealy. For dropfp neuer engendzeth, but whan the ly ner is corrupte by reason of the bloudde, There be.tit. spices of deopspe, Apolarca, aschides, and tympanites: and of the tympany this. ii. inconuemences are biderstad. A tympany (as fayth maifter Bartruce) is engendzed of an plle com= plerion, by colones of the stomake and lyuer. whiche well not fuffre mans depnke of meate to be converted in to good humours but tourneth them in to bentofities, which if they be auoided by belchynge, by swette, oz other wyse, they wyll Stoppe the wayes of boydance. Also these bento lites .101. D

lites aether together betwene the places of the bealy called mirac, and fiphar, and there thep ingendze the dzopfte. The. iii. inconvenience is 3 called the colpke, a pecillous and a paynefulle diseale, it is engendzed in a gutte named colon. Lyke as the discase called ilica, is engendaco in one of the guttes called plion. And thefe.ti.difea fes are ingendzed by betofites clofed in the gut tes. The inconenièce and disease is the heed 4 ache called vertigo, the which maketh a man to mene that the worlde turneth : the bentofities which drawe to the brayne, and mire them with the lyfely spirites, cause the sapoe disease called bertigo, which as the name declareth, is a turnyngoza fwimmyng in the heed:and as Galen Gal.de los faythe, they that have the fapte infirmitie, are cis aff. ca. foone aftonged, and with a lytell tournpinge as viii. bout they fal bowne. And Auteen reherfeth thefe Aui. diftin. inconveniences with other, and he farth, that xvibentolites kept longe, caufe and ingedze the colyke, by reason they ascend and gether to gether feblyshynge the guttes. And somtyme they en gedze y dzoply, a fomtyme barkenes of fyghte, and sometyme the megryme, and sometyme the fallynge yuel, and somtyme it runneth buto the joyntes, and caufeth the crampe, and inhight and

Ex magna cena stomacho sit maxima pena Ve fir nocte lenis, fit tibi cena breuis, 3300110333

Here we be taught to make a lyght fouper. for to moche meate letteth many naturall reft, and causeth

causeth anguyshe and gnawynge in the bealpe, and causeth the face to breake out : and maketh one to have a heupe beed in the mozninge, and an vnlauery mouth. Here this queltion cometh well to purpole: 300 hether a man Goulde eate more at opner or at suppere for diffinicion here of it is to be noted : that after the quantite of & bodye moze oz leffe, meate is convenient at fouper of at dyner. for eyther the bodyes be holle and founde, oz els ficke. If they be ficke, eyther they incipne to material fickenes, of to bumat teriall: If the lickenes be not caused thoroughe fome hamour, one may eate the moze at supper, bycaufe in fuche fyckeneffes nature onely ende colobio uereth to digefte the meate. If the fyckenes be matteriall one map eate the moze at dyner, as it is declared in the mit treatife in the . b. chap! soidib.in A of the curation of falling lyckenes on this wife: Bethat can not be luffifed with one meale in a daye, because he is other wyfe accustomed, he muste deupde his meate in to the parties, and eate. ii. partis at diner, and the other parte after teperate exercise at supper. The reason herof is this, at suche season the feble nature bath helpe by the natural heate of the forme to digefte, and the supfluites, therby are more resolued, where fore the refection hulde be larger at diner than at foupper. And more over bycause the heate of the day, whiche causeth digestio, topneth with the naturall beate of manes body, there are by Daye causein

day. ii. sonday heates to helpe the digestion: but it is not so in the nyghte. Lyke wyse nature endeuereth her by night to digest the superfluities And therfore the thuld not behyndred with the digestringe of to moche meate. And thoughe it be so, that the naturall heate of man is in many thringes fortified in the night, as by retraction of the spirites a reduction of slepe: pet that selfe heate can not digefte. ii. dyuers thyinges, as the meate, a the supfluities. Than it foloweth, that fuche folke shuld eate lesse at fouper than at di= ner. If the bodyes of luche folke leme hole, ozel= les if they be very hole, ftronge and without any sensibilite of supfluites, auoydynge all through they? vigour and strengthe, as myghty bygge men : fuche maye eate moze at foupper. for the nature of these bodyes labour onely by nyght to digest the meate recepued : and not to type the superfluites, foz in a maner they have none. Also they labour only to fortifie they bodies, whiche wareth moze stronger by neghte than by daye: bicause the bloud and corporall spirites be engedied by nyght in a moze quantitie, and better De= uided throughe out the bodpe. If the bodies be not greatly disposed to helthe, as is rehersed, but are disposed to be lyghtly sicke: Than whether they tranaple and labour fore continually with they; armes and handes of not, hit is beste they eate moze at dyner than at foupper. Foz meate is not onely taken to nozysbe a restoze the bodys medi but

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but also to make morfte, and to oversprinkplle and water the membres, that through greate labour and trauaple they ware not dipe, and lyke wyse to withstonde the dissolution of naturall heate. Poz suche trauaple and labour lettethe nat they true digestion. for we se by experience, that they eate twyfe or thrife in a daye with good appetite, and good digestion. If the bodyes be not apte noz disposed to labour continualipe, as the bodies afore reherfed, but may chaunce two wayes: for eyther they labour verye fore, but nat continually, or elles they labour febly, wher= by fupfluites encreace. They y trauaple moche, as in ridying or goringe about they? worldly bu= fynes, fhuld eate moze at foupper than at dyner: bicaufe the bnaccustomed great trauaple wolde not suffre the meate taken at opner to digeft, but both corrupt it. pea a further through superfluous motion the natural hete is diffolued & fpzed in every mebre of the body, whiche in the myaht draweth to the inwarde partis of the bodye, a is the principall cause of good digestion. And ther= fore a good a a large supper is more expedict for them tha a large opner. Alfo the fame perfones were not brought by before this feafon in suche greate trauaple: a therfore they bodyes are full of humidities: which lyttell meate at dyner may reliste the resolutions caused by great motions and trauaple. But in cafe they trauaple lyttell and eafely by the wave, to eate moze at dyner than 1111

than at foupper is best as it is declared in sicke bodyes, for they most comonly are feble bothe of complection and of digestion, and the heate and lyght of the some dothe comforte they? naturall heate and spirites. Also the reason hereof is this, the corporall cundites and passages by daye are open: wherfore the superfluites of the bodye are sooner expulsed by daye than by nyght. Farther they ought to eate but lytell meate by nyght, foz than nature is greatly occupyed to digefte rame . Alib.io A humours, the which depe must digest and bring to good point. And though the digestio to digest and great repletions of meates, and the fuper= fluous humours be holpe by the nyghte : yet ne= uer the leste, the strengthinge therof is not sufficient to digefte great repletions of meates, and also superfluous humours. And witteth well that custome in eatinge moche oz lytell at dyner og fouper, ought to be regarded and kepte. fog custome is good and necessary bothe foz helth of the body, and to cute sickenes: as Galen fayth, For sodayne change of custome is very hurtful; and specially for old folkes. For nature can not beare nozyet suffre sodenne mutation. But as Galen sayth the alteration that is done by lytell and lyttell is fure inough. And thus it is welle proued, that we ought to eate more at diner than at souper: and that bicause sickenesses are most commonly materialles, yet for all that, if a man coulde be contented with one repast in a daye, it sasd were D.it.

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were better to take it at soupper tha at opner, fo that he be not diseased in the eyes, or in y brayne: for than it were better to take it at opner, than at foupper. for the repletion of the foupper, hur= tethe foze the branne and the eyes. And witteth well, that not onely the repletion of the foupper hurteth the stomake, but also all maner of other repletions. For they ingedie opilations, feuers, putrifactios, the lepze, & budigefted humours. Aui. dift. 3. And Auicen fayth, that all maner of repletions li.iii. ca. de hurte the stomake, nor the greate eater by replehis quæ no tion augmenteth not his bodye, for he digesteth cent stoma not his meate: but he that eateth moderately, hath alwayes some appetite, and increaseth his body, for he digesteth well his meate. Therfore we ought to take good hede, we hurt not our sto= make by ouer moch repletion, nor that we make not our felfe pourcy and the pulle to beate moze behemently. In lyke maner repletion that ingedeth lothynge of meate, ought principally to be eschewed, but specially what cometh of yll meaandicien it te. De marbig tes. fozifit come by ylle meates, it ingendzethe payne in the toyntes, in the rapnes, in the lyuer, and the gowte, and generally all other fleuma= tyke difeates. And if it come by clene meates : it Bust tex later ingendzeth Marpe feuers & hotte impollumes. It foloweth than, that this repletion mufte be e= Galenini. schewed aboue all other thynges. for as Galen fayth, ouer moche repletion pzetendeth ftranglynge og fodapne bethe. Secondly we must take

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hede, we overfyllenot our stomakes and betterly distroise our appetite, but we muste kepe some appetite: and in especiall they that have a stronge and a good appetite. Some there be that have a feble appetite, and these ought to eate moze than they appetite requireth.

Tu nung comedas, stomachum nisi noueris ante Purgatum uacuumg; cibo, quem sumpleris ante, Ex desiderio poteris cognoscere certo, Hæctria sunt signa subtilis in ore dieta.

Here are certerne comandementes, the whiche he that despreth his helth, muste of necessitie ob: serve and kepe moze duly than eate oz dzynke. The frast is, he thulde eate no maner of meates without his stomake be net, and purged of all yl humours, by bomet or other convenient wayes. for if a man recepue meate in to his ftomake, in the which are corrupte humours, they wyll min= gle them felfe together, and cause the meate new ly eaten to corrupte. The seconde is, to eate no moze tyll the fyzite meate that is eaten be dige= sted and anoyded out of the stomake. For there is nothinge more hurtefull to imans body, than to recepue meate boon meate, that is but onely begunne to be digested. for the meate last taken Mall let the digestio of that that was fyzit eaten, and the digettion of the meate frat taken, thalbe first fynyshed, whiche departeth to the lyuer by the beines called meseraikes, and therwith carieth the meate laste taken not pet well digested. D. itt. wherof tiplied in mans bodye. Farther in the texte are put. ii. tokens, to knowe whan the stomake is boyde of the meate before eaten. The frist is berye hunger. And for a knowlege hereof, witteth well that there is. ii. maner of hungers, verye hunger, and fayned hunger. Usery hunger is discribed by Galen in this wife. Usery hunger is discribed by Galen in this wife.

Galen in apho.hip.

ger (fayth he) is whanne a man nedeth meate: But femed huger is an appetite to haue meate, thoughe the bodye have no nede therof. And as perpe hunger cometh by contraction and corru= gation of the vernes predring from the mouth of the stomake, by fugillation of the membres nedynge meate: fo in lyke wyfe ferned hunger is wont to be caused of them that constrayne, that they hulde proudke the mouthe of the stomake, the membres haupinge no nede of foode, as by colde thynges harde or Charpe. And of this figne and seconde precepte precedent. Aucen farthe: Do man ought to eate but after he hath a lufte: Por he Chulde not tarpe longe therin whan lufte pricketh oneles it be a feined lufte, as the luft of dronkerdes, or fuche whose stomakes aborrethe meate: for to endure huger longe both fplle the stomake ful of putrified and corrupte humours.

And after in the same chap, he faythe, that who so ever love they; helthe, shulde never eate tyll they have a sure luft, no; tyll they; somake and popmost entrayles be borded of the fyste foode

that

Bul. ttl. f. boc.ff.cap. be co g. &c.

that they toke. For the daungeroust thyinge that may chance a mans bodye, is to recepue meate bpo bndigested meate. The seconde thynge that The know fignisieth true lufte og very hunger, is sklender line og very Diete precedent: that is small suftmaunce before hunger. taken, for whan hunger foloweth therbppon, it 15 bery true huger. farthermoze ve Mall bnder= stande, that to eate moche and of sondive meates mengled togyther at one repaste or refection, is worke of all, as flesshe and fysihe, chekens and pozke, and after to prolonge the tyme in eating. Foz the fyzste meate begynneth nowe to digeste, whan the other meates are served into the table: and so the partis of the meate be bulyke in dige= ftion: So that the fyzite taken are digefted, ct the last that is eate come to the impodes of they? digestynge: And this causeth that some parties cogrupt other some. And of this thynge Anicen Buice. iii. 1. warneth sayenge: There is nothpinge moze dan be co, gc. gerous that o myngle divers meates a luftinan= ces togyther, and after to prolonge the tyme in eatynge. For whan the laste meate is recepued. the fysite is wel nere digested. Therfoze the sayd meates in divers of they? parties (as touchynge digestion) be not lyke. But yet witteth well, that prolongynge of tyme in catyinge moderately (as an houre space) to chawe and swalowe our meat well, is aloweable, and helpeth moche to the con fernation of helth. for good chawping and swa= lowenge downe is as halfe a digettion: And ell chawyng

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chawinge both either let digestio ozels doth gret ly hyndze it. But pzolongyng of tyme in eating, with talkynge and tellynge of tales.ii.oz.iii.hou res, is right hurtfulle, and therof are ingendzed the diseases befoze rehersed.

Persica, poma, pira, lac, caseus, & caro salsa, Et caro ceruina, leporina, caprina, bouina, Hec melancolica sunt, infirmis inimica.

Gal.ii. ali: met.ca.ix.

Dere are declared. p. maner of meates or foodes that ingendze melacoly, a are buholfome foz licke folkes. Of the whiche the fyzite is eatynge of peches: Wherof Galen fapth, the teuce of pe ches, and they materiall substance is soone coz= rupted and btterly pll. Wherfoze they ought nat as some say, to be eaten after other meates. for they swpimme aboue, and soone cogrupte. But this oughte to be mynded, whiche is a comune thynge, that all that is morte, Cypperve, and lyghtly goth buder, chulde be eaten fyzite, and fo thulde peches, which fwiftly go to the bottum of the Romake, a make wave for the meates that come after. But whan they be eaten laste, they both corrupte them felfe a also the other meates. And thus it appereth, that this faveng ought to be understonde of peaches eaten after other mea tes. for whan they be eaten before meate, thep be good for the stomake, and they mollyfye the bealy, and prouve the appetite, as Auice fayth: Rype peaches be good for the stomake, and cau= fethe one to haue an appetite to meate. And farther

Aui.ii.ca. ca de per sicis.

ther he farth: They ought not to be eaten after other meate, for that they corrupt, but they muste be eaten befoge. Lyke wyle Serapto, in the chap: ter of peches, by auctorite of Dioscondes fayth: Rype peches are good for the fromake, and thep mollpfpe the bealpe. But whan they be not type, they make a man costine: and whathey be dape. they bynde fozer. And a decoction made of dipe peches and so dronken, doth let the flowinge of humbites to the fomake and bealpe. And the pouder of peches cafte byon the place where one bledeth, stauncheth the bledyng. Ind all though to tanche peches have these medicinable bitues aforesand. pet bycause they engendze putrified humours, they be hurtfull to licke folkes, a specially when they be not taken dewly. Deches be colde in the fuste deare, a moute in the feconde. Dioscondes Dillitie faythe, that rype peches bene holfome bothe for the stomake and bealpe. The second thyng is peres, og eatynge of peres. The cause is, fog pea= Caipng of res, and generallye all maner of newe and rawe pearce. frute, fylle the bludde with water, that boylethe by in the bodye: And soo prepareth and causeth the bloud to putrify, and by confequens is hurt= full for fycke folkes. Deres as Anteen farth, en= Aui.ii.ca. gendze the colike. But pet peares about al frute ca.de pymake folke fatte. And therfoze hogges fed with peres, are made fatter tha with any other frute. And bycaufe peres engendze bentofities, and fo cause the colphe: therfore they be vied to be ea-

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ten with suche frute that breake or audide bento fites, or elles to withstande the pil operation of these fruites, damke after theym, a draughte of olde wone of good fauour. And the sweter fauoz that peres haue, and the moze dulce, the better they be. And also sod peares be better tha rawe, and they may be foode with anys fede, fenel fede Dio.11. 1.de and fuger. Dioscozides fayth, that it is hurteful to eate peares fallynge. Plinius fayth, it is an heur meate of al peaces, though they be in helth that eate thepm. The thpide thonge is, eatonge of apples, of whiche, as Auicen fapth, to cate of= ten and moche, causeth ache of the smowes.

And also apples have an pl properte, for they engendze bentolities in the lecond Digeftion. wher= fore they be buholfom for ficke folkes. And alfo for lyke cause, as it is before rehersed of peares. And these sayinges touchynge the buholsome nes of peaces and apples, ought especially to be to and in binderstande whan they be rawe, and not whan they besode or roffed. Ind not onely these frutes quide be eschewed of them that be sicke, but alfo al other frutes that fyll the bloud with bop= lynge water, as newe fruite, of whiche the ieuce boplethin amannes bodye, as it were mufte og newe wone. For ye may le by experiece, that the seuce of newe gethered fruite bopleth, whan it is put in a beffell, by reason of the heate of the son, that remayneth in them after they roppinge.

Thefe newe fruites, throughe boplynge of thepp teuce,

teuce, cause the bloud to putrifie, al though thep comforte a mannes bodpe with they mopfture, whan they be eaten. And for this cause moste spe cially Aucen fozbyddeth them eatyng of feuite, andocut. that have the ague. for he farth that all fruites hurte them that have the ague, throughe they? ra. boplpinge and corruptyinge in the fromake. The till, thynge is, eatynge of mylke: the cause why eatynge of mylke is not good, is bycause it is lyghtly corrupted, and tournethe buto fume or harpenes in the fomake, as in they? fromakes speciallye, that are diseased with putrified feuers: and therfoze they that have a putrified feuer, are fozbydden eatpuge of mplke. Ind as hippocrates faith, it is hurtfull for them to eate hip. apho. inplke, that have the heed ache, for them whose guttes suspensed, do rumble, and foz them that mbus.ac. be bery thuilty. pet not withstandpinge in some diseases Hippocrates sayth, mylke is agreable: as for them that have the tistke, the feuer ctike, and for them that be in a consumption. And also hereaster folowinge some thinge more shall be laid what we come to Lac ethicis. &c. And although mylke in the forelapde diseases is blamed, yet in them that be holle it is allowable, and that if it be well digested in the stomacke and lyuer. And Balen fayth, that mplke well sodde, dothe both northe and ingendre good humaurs. Also milk by reason that it is watrisshe, it wasshethe the entraples, and by reason it is buttry, it munditipat C.ii. fyeth.

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fieth, and friueth agaynd benomous humours, and moysteth the membres, and allemateth the grefes of the brefte, and it dothe mittigate the thotynge of puckynge of the longes, guttes, rai= nes, entraples, and the bladder, and it is good agaynste puckynge humours in the entraptes. fatther moze mylke is good foz temperate bodyes, whose stomake is clene from coleryke and fleugmatyke humours. for buto suche folkes mylke well digested is great nourishynge, it en: gendzeth good bloudde, it nourisheth the body, and convenyentlye moufteth and makethe fayze the exterior parties, as Isaac sayth, in the bny= uerfall dyetes. And there also he farth by auctoritte of Ruffus, that they that wyl depuke milke muste dynke it fastynge, and it must be dzonke hotte from the cowe : and to eate nothinge till that be digefted, noz one hulde not than labout noz fterre about moch, pet seldome oz at no tyme one Mulde fozbere walkunge, but than one must walke an eafy pace, tyll he parceyne it be defcen= ded to the bottum of the flomake. But mplke is unholfome for these bodyes that be distempe= red. for in hotte bodyes it is foone turned in to colerike fumosite. In suche as be colde, it tour= neth to tharpenes and putrifaction. Also mylke is unholfome for an unclene fromake, for therm it corruptethe. Galen faythe, that he knewe a man, that of the dayly ble of mylke, had a stone bredde in the rapnes of his backe. And a nother that

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that loste all his tethe. And some he knewe that bled to eate mplke contynually without hutte: pea to some it was moche holsome, as to an hufbande man that lyued aboue a. C. pere, and his most foode was mplke: and a nother & thought to do like wyfe, founde it alway hurtfull to hym. Couchynge the chopce of mplke, it is to be no : Thopte of ted, that meane mplke is to be chosen for nozish: ment, and not thoune molke, as molke of a cas mell, og of an affe, nog the moste fatte and grosse is not to be chosen, as mplke of kyne and sheve. wherfore gottes mplke shulde be chosen. for it is not so wattrishe as camels mylke, the whi= che is not apte to nourythe, by reason of humi= ditie, and it maketh a man to lafke : Poz it is not so fatte, noz so groffe, noz fo full of cruddes and butter, as cowe mplke, and thepes mplke is: whiche by reason of they; fatnes, stoppe the beines, and engende bentofities, and is more harder of digeftion than is requifite in & gouernace of helth. Therfoze mplke of a goote, not to neve kiddpinge tyme, noz to far from it, and that goth in a good pasture, and whan pastures be at the best, shulde be chosen. The pastures as Galene Gal. de fac faythe, where the beaftes goo, helpe moche the baltb.b. goodnes of the mylke. The. b.thynge is eatynge Eatyng of of chefe: and it may be binderstande of all fortes chefe. of chefe, but specially of olde chefe. The reason is, by cause newe chefe is colde, mopste, and of groffe substance, and harde of digestion: and en-C. iii. gendzeth

gendreth opilations and the stone, and helpeth of conferueth mans belthe (by way of nourishes ment) but very lyttell or nothpinge. And olde

chefe is hotte and dipe, by reason of the falt ther= in, it causeth digestion, but pet of it selfe it is harde of digestion, and of small nourishement, what thefe and hurteth the stomake, and depeth ouer fore, and agreeth worfe than newe chefe. But chefe betwene boothe, nepther newe noz olde, not to toughe, nor to bepttell, to harde nor to softe : to fwete nor to fowre not to falte nor to full of eies, of good tallege, and of good fauour whan it is cutte, whiche tarieth not longe in the stomake, made conveniently of good mylke, sufficientlye oply, is good and shuld be chosen afore al other, wherof after meate we fhulde cate a lytell quan= tite, for moche in quantite, in wave of nourife= ment is biniuerfally pll, & hurtethe the stomake, and wyll not digelt, and ingendzeth opilations, the stoone in the rapnes, grosse humours in the bodye, and bentolites. Therfore that chefe is onely good, that cometh out of a nygardes hans

des. The. bi. thyinge is falte meate, diped with

falte of linoke, and of what konde of beafte fo es

uer it be, it engendzeth groffe bloudde and me=

lancolp, and fo per confequens, it is buholfome for speke folkes: nortis not holsome for them

nourisheth but lettell, and it is groffe, and en=

aendzeth yll bloud: The, bit, thynge is hartes

fleshe.

Salt mete. Galade lo cis affect.

libetti.

is belte.

Bolimoon that be hole. For as Auten Capthe, Calte flesche M.cap. Ev.

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fleshe, which elpke wyse engendzeth melancolye bloudde, as witnesseth Rasps Alaman. iit. cap. De animalibus fylueftribus et domefficis. The. bitt. Baare thynge is, hare fleishe, whiche lyke wyse engendzeth melancoly bloudde, as Kasps saythe in the place afoze allegated: This flesshe engendzeth moze melancoly than any other, as Galen fayth. And of this Plaac in dietis bninerfalibus faith, that have flesshe chulde not be eaten as meate, but onely vsed in medicines. And witteth well, that have flesshe, and hartes flesshe, whan they be olde, ought betterly to be eschewed : pet neuer the lesse they may be eaten, and they be beste be= fore calupage tyme, that they depende mape be tempered with the age: And pet they oughte to be eshewed excepte they be fatte. For they days nes is tempered with they? fatnes. The. ix. is, gottes fleshe. The. r. is, ore fleshe. for these be melancolpe flesshes. for Isaac mote. binuers. fapth: Gottes flesshe and ore fleshe be worte, hardest and slowest of digestyon, and whan they be digested, they engendze grosse bloud and mes lancoly. Ind Auten in his. it. canon of gottes flesshe, sayth: Gottes flesshe is not bery good, and parchance the humour is very yl. And lyke wyle ve thall buderstande, of gottes flesse and cowes flesshe, the whiche are worse than the forsayde flesshes gottes and ore fleshe. For of them Auteen layth: Come fleshe, hartes fleshe, wylde capitu. de gottes flesshe, and grete foules engendzeth the carne. feuers

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Bal. De los cts affectis libzo.iif.

> STORY TO .tullula

Bottes

Dre flethe.

feuers quartans. And pet farther he farthe, of cowe fielhe, that come fielhe nourishethe moche, and engendzeth groffe melancolpe, and melancoly difeafes. And he faythe farther, that come flethe engendzeth lepze. And of gootes flethe be farth, that it is absolutely pll. And for as moche as it is towched in the texte, what fieldes thulbe be eschewed, specyally of.iii, footed beaftes, me femeth it were concenient, to shewe, what fleshe of. titt. footed beaftes are to be chofen. Ind in the chopce of fleshes the physptians agree not, for Balen and certapne other fap, that porke is belt. Some other, as Auicen, Balis, and Auerrops fay that kyddes flelle is belt. pet notwithstan= Dynge Auerrops in the, b. coll, blameth Aucen, bycaufe he farth porke was befte, pet he farde it not as thoughe he heldetherwith, but after the chaiften opinio. Some other preple beale aboue al other, A man may know the best fleshe of.iin. foted beaftes, a the goodnes therof many maner of wapes. Frate by great nourpshyinge, whiche thyinge betokeneth harde digestion, and by the lokenes of mans flethe: and this tople porke is better than any other flethe, fyzite for the likenes bnto mans felle, as witnelleth Balen, itt . alimentof, where he laythe: That porke is lyke mans fielbe, may be knowe by that, that manye haue eaten mas flelhe in ftebe of porke, a coube not percepue nepther by the fauour, nor by the mill. can. tafte, but that it had ben pozke, And Auce fayth:

Mans

Chople of fleche.

ca. befang.

Mans bloudde and hogges bloudde be lyke in euery thyrice, fo that there have bene, that have folde mans flesche in frede of porke, whiche thing was not spred tyll a mans fringer was fonde as monge the fielite. Auerroys writerh the same. Auerrois Secondelpe, Bozke nouryfhethe greative. fot v.coll.ca. Balen fapth.iii. alimentor, that porke aboue of de carne. ther fleshe nourysheth mooft, wherof those that be called Athlete haue best experience. And after in the same boke he farth: Die can eate no flethe that nourisheth moze than pozke. Thyzdly pozke engendzeth a ftedfalt a a ftronge noury hement, that respstethe resolution. This is Galens opy= nyon in the places afoze reherfed, where he pre= ferreth porke about all other flesche : and in his biii. boke de ingenio, he fayth, pozke of all fleshe is mook laudable, so that it be wylde broughte by on montagnes: and nexte buto porke is kidde flethe. And lyke wyle in. b. tera. he faythe, Df all flelhe of.ittt. foted beaftes pozke is mofte lau dable, whiche is temperate in heate amoufture: and engendzeth better bloudde than anpe other fleshe: so that it be of yonge swyne, that is of a pere oz. ii, olde, whether it be wylde og tame: not poge luckers are not lo good: for they? fleshe is moste morte. And of a more lykelyhod bylde porke, broughte by in the woodes is better than tame, broughte bp at home . fortame porke is moze clammy than it ought to be. And of wylde Aui.ii.ca. bogges flesihe og booge, Auteen fayth: Chailten ca.de cars tillen

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The befte hog flethe.

men and they; folowers fay, that the beste wylbe fleshe that is, is of wyld swyne. Foz besides that that it is more lyghte thanne the tame Cwynes fleffhe, fo it is of moze ftrengthe, and moch moze mourphynge, and moze sooner digesteth: and in wonter there can be no better felle. So than it some so foloweth, that hogges flethe is ryght good and hollome for they? bodyes that be ponge, hole, firage, occupied in labour, a not dispoled to opi= lations: and for them that delyze to be fatte: for friche have nede of moche nourethemente: and harde of digestyon. And therfore Rasys saythe: Groffe fellhe is couenable for them that labour moche : but clene fleshe is beste for them that bo contracpe wpfe. Aucen wpil the fame, fagenge: They that laboure mothe, maye better awaye with groffe meates, than other. The chopce of good fielhe fandeth in. in thynges, in tempes rance of complection, in lyghtnes of digestion, and in gendanng of good bloudde, that is to fay, the better ficihe is of temperate complectio, easp of digeftyon, and teperate in engendiping bloud, hetwene hotte and colde, fklendernes and groffe nes. And for this cause kidde fletheis better and moze laudable than any other dellhe, after the monde of Rafos Aucen, and Auerrops for marie. iii. Rafps farthe: kydde fleffe is temperate, with out any pl mixion : the whiche though it engens Dieth temperate bloud, pet it is not concenient for laborers : but per for all that there is none of 2972 3b.80

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mmen. ca. De birtute arnium.

Muice. iii. t. capt. De tes gim . ei? m comeditur.

Miman. ca . De animali. filuefterbus e comedi.

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ther flethe thulde be preferred afore it. It is not fo weke, that a mans strength is minished ther: by : 1102 the nourellyuge therofis not so moche groffe, that repletion hulde come of it, oz groffe bloud be engendzed. The bloud also that is engendzed therof, is betwene subtyle and groffe, hotte and colde. Porthis flelle is not mete for great laborers, but for temperate ponge folkes, the whiche ble meane exercise. Foz this fleshe en gendzeth bloud, that by myghtye exercyle ozlabour is foone refolued, but not with meane trauaile. Ind Galen sayth, that kidde flesheis not buholsome for an olde man. And touchpuge the intention, as kydde fleshers better than any other housholde fleche, so gootes fleshe is better than any other, bredde in the woodes. And nexte to kidde flethe many phylytions, as Rafys and Auerroys, put mutton. And Auerroys faythe, That mostle parte of physptions are of this oppnyon, faue Galen, whiche taudeth not mut= ton. for helarth that mutton is not pl for youg folkes, but it is buholfome for old folke. And he thynketh that beale nourisheth moze than mutton. And peraduéture Galen binderstandeth here the betternes of nourishement of that that is to nourifie moche, and to gaue nouriffement moze harde of resolution, which emoze agreethe buto bealethan mutton, spins mutton is of mozehu= midite. Thirdly the goodnes & chopce of fleshe nray be taken by reason of they? smal claminesse mais. f.ii. and

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Gal delas nitate tuem da lib.b.

Auerrois v.coll.ca. de carne

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coli. ca. De carne.

and by thep; good fauour: a herein beale is better than any other fleche. And Auerrops to this Buerrois. v agreeth, layenge: Meale is good flelihe, for as moche as it is not clammy , colde , noz dive, as befe is, and beale hathe fwetter fauour thanne any other flethe. And in thefe pointes it is better than kydde fleshe, for in kyd fleshe one may percepue a clammines before it is fodde, and in that that beale engendzeth better humours, it is better thanne kydde fleshe. Ind thus it apperethe playnely, what thyinge causeth controversite amonge the phylitians touchpinge the chople of flesiges. farther wetteth well, that the flesshe of a daye complection, is better nere calupage tyme than farre frome it: And therfore kyddes and calues be better than gottes and oren, bp= cause they dopenes is abated with the humidite of thep pongnes. But flethe of beattes of mopt complection, is better and moze holfome in age than in youthe. for greate parte of thep; ouermoche humpoptes is diped awape, as they doo encreafe in age: And therfore weathers of a pere olde are leffe clammpe, and moze holfome than fuckpage lammes: and lpke wpfe porkes, of a pere of it. olde, are better than ponge pygges. And therefore Aupcen lapthe: It behoueth that the meate that consecueth helthe, shulve be suche as the flethe of kydde of a luckynge caulfeis, of comeditur. lammes of a pere olde. Than by thefe reasons it appereth, that the flethe of gottes male and female,

The cotea: merfitte in chaple of flethe.

Aserrois escalles. מכ כבודוכ

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male, of olde mutton, of befe, of olde porte, and specially of brawne, of pygges, and of suckynge lammes, is not bery hollome for the confernati= on of mans helthe, but the flesshe of yonge calues, of perelpnge wethers, a pozke of a pere oz.tt. olde, is convenient inoughe to eate, to preferue mans helthe. And it is to be well noted, that the fleshe that is enclyned to dynes, muste be sodde: and the fleshe that is inclyned to humidite, must be rofted, therby to attempte they? dignes and humidite: And therfoze the flefthe of conys and haaris, hartes, calues, and kyddes, Moulde be fodde: and poske and lamme roked. And by this reason appeareth, that in mopfte seasons, and for moulte complections, fleshe disposed to dry= nes thulde be rofted: and in dipe featons, and for complections dipe and olde, morte meates be moze conuentent.

Cona recentia, uina rubentia, pinguia iura, Cum fimila pura naturæ funt ualitura.

Dere in this texte divers nozifhynge meates ben expressed. The fraste is newe larde egges, whi= the be of that forte of foodes, that in a lytel quan tite noutylihe moche. for Auteen faythe, that thynges smal in quantite and great of noutyshe ca. be outs. ment, are egges & cocke stones. Couchynge the chopce of egges, wytteth well, that the egges of hennes, pertriches, and of fesances ponge and fatte are very good in & regiment of helthe, and symply, better than any other egges: fo; the f.iii. priest

Bui.il. can. Et.ilit.ca.t.

prefte daughter fand, that longe egges a smalle were the best of all, as in these berses, a disposit

Filia presbyteri, inhet pro lege teneri, Quod bona lunt oua candida, longa, noua.

farther, poched egges are better than egges cofted harde of rere, and they be of great north= ment, and of good a lyghte digestion, and they engendze blounde speciallye proportionable to the harte: wherfoze they be excedenge good for fuche as be recouered from fyckeneffe, for aged folke, and for weake parfons, and specially the polke. for Aucen farth, that the polke of egges and of foules, whole fleshe is good to be eaten, as of hennes, pertriches, and fefantes, thoughe they be not medicinable for the harte, pet they comforte exclite mothe. And he addethe folo: wong: That they be lightly turned in to bloud: and after they be fourned, there remayneth of them but fmall superfluitie. And therfoze they comfort mooft specially the batte. And farther he farthe, that they be excellente good to restore the fricites and bloud of the harte. Recerofted egges are lyghtelpe digested, and they ease the longes and the brefte, and mollpfpe the bealpe temperately, but they noury the not fo moche as poched egges. Barbe egges fodde, are harde of digestion, and they nouvilhe the bodye groffely, discendence sowely to the stomake, and sowely they entre therin. farther witteth well, pegges by the breffying of them are made better a worle. fo2

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fog epther they be roofted, fodde a lone, og frped, og foode with some both. Rofted egges be moze groffe than fodde, and moze harve of digeftion: for the herthe or free direth by the sublance of they; humiditie. And they be rofted two wayes: Dneis in the Chelles raked in the hotte imbers: An other wave is, they be coofted frondynge on imbres with they? thelles a lyttell broken . But they that be broken be worfe than the other: and they that in the shelles be taked in the hotte imbers are done two maner of wayes, eyther they be all raked in the imbers, ozelles fette bpon im bers and coles with parte bucouered. They that be all couered be worfe, for by reason & the heate of the free goth aboute them, the fumouties are kept fiell in, and they that be fette boon the imbers, and parte incouered auoide out the fumo lities, wherby they be purified. They be better fodden in water than rofted, foz the humiditie of the water stryuethe with the heate of the fyze, y direct by they humiditie. And thus they be dressed two wayes: for eyther they be sodde in the Chelles, ozels bzoken in the water. They that be sodden in the Chelles, are worfe than the other. For the Chelles do let the discolution of fumoli= tes and groffenesse. Whan they be poched, the heate of the water temperatelye percethe in, and maketh moze pure they? groffenes : and takethe away the yl finell and fauour. Wherfore poched egges be moste hollome, and freed be moost bu-SERE bolfome

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holsome: for whan they be freed, they engendie Ratis opis mooft pll humours, and hurte the ftomake, and moin biet. causethe fumolite and corruption, and maketh one to lothe his meate. But egges fodde in fome good brothe are betwene bothe, rofted and po: ched, also wrtteth well, that there is a dinerti= tie in an egge touchyng his coponde partes. for the polke is temperately hotte: The whyte is colde and clanmipe, and hardlye digeftethe, and the bloudde also therof engendzed, is not good. And as the forlande egges, that is to lay of hen: nes, pertriches, and of felantes, be moze conue= nable in the regiment of helthe, fo egges of duc= kes, gees, houelardes, and suche lyke foules, are buholsome in the regyment of helthe, and Chulde be efchewed. The feconde thinge is redde wone. And here ve shall buderstande, that wp= nes differ in they colours . for some wynes be whyte, fome be claret, fome be citrine, and fome be blacke, whyte wyne is febler than any other. colder and leffe nourysbynge, but it dothe leaste butte the beed, and it dothe make one to pyffe better than any other wyne. That whyte wyne is weaker than other wones apperethe by this Sa. tuper. that Galene faythe : weake wyne is hit , that ca.iii. part. leaste heteth or inflameth, and lesse greueth the branne than other. And Balen farth : It is im= possible that whyte wine stude areatly enstame any man. And he layth, whyte wyne enflameth or heateth leafte of al wynes, whichethyngeis true

trebe, if one will make comparison betwene whote wone and redde of one countre growing, and none other wyle. for the redde wynes of France are not fo hotte, no; pet fo fitonge as the whote wones of some other countre. And ther= fore the compary son muste be made by twene the wynes of one maner a countre, and whyte wyne nourishethe leffe than other wones. for Balen sa inbie. faythe: watterysche, sklender, and whyte wyne apholicit. is binuerfally neyabbour to water, and as tous change nourpshement is lake water, wherby it prouoketh one to puffe, and nourtheth the body but lyttell. And lyke wole Galen faythe : wat = Ga. in bip. tryshe wone nourisheth the bodye leaste, whose licour is as felender as water, and colour white. And Aucen farth, whote sklender wyne is beste for them that be chaffed and hotte. for it dothe boc.ti. cap. not fume noz cause the heed to ake, but it moy et with ftethe the bodpe, and eafethe the heed ache. To this agreethe Galen. The reason why whyte Gaincom wone leefte hurtethe the heed is this, by caufe it regim. acu. is leffe fumpfile and leffe vapours than other. That it prouvketh or caufeth one to pyffe more than other appereth by this fapenge of Hyppo : hippo . iff . crates. The passage of entrance of this whyte acutoum, wyne in to the bladder, is easper than of anye o= ther dynke: whereby we mape percepue, that it hath Arengthe to open. By this it well appea reth that whyte wone is better for theym that be botte and chaffed, than other wonce, whether thep

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THE REGIMENT they be hotte of nature, as coletike and languine

folkes, ozels by accodence, as hotte chaffed by angre and bydynge in the fonne. And lyke wyfe it is better for them that Audre, whiche oughte to ble suche wone as woll not distepre p brapue. And lyke wpfeit is confinent for them that have a feble branne, whether it be naturall or acciden-Buice. it. tall: for fitonge wine maketh them fone dronke, that have a weake branne, as Aucen farthe: and therfore if fuche perfons well dienke ftronge wynes, they must ealage them well with water. And alfo it is good for theym, whose typer and Stomake is botte : and for them that dwelle in a hotte countrey: for hotte and ftronge wynes, wolde all to enflame and bourne they bodyes. Redde wine and claret, as of the courte of Berne On lug ca. are hotter than other. And Galen fayth: wyne nim albo. that is redde of colour and claret, be bery hotte, and they nourishe moch more than other wines. Galingip. And agapne he fapthe. Chat the wynes that be groffe and ruddy of colour, nozishe moze than o ther wynes. And they fone fol or replenishe feble bodyes gare empty og boyde of substance. And here it is to be noted that it is sapde redde wines nourythe moze, bycaufe for the most part they be tourned into substaunce of mans membres, pet for all that the wones blacke of colour, mape be

> called greatter nourishers than other: for they ague more constantly nouryshement, and more Lowly be resolved from the membres. Wherfore

> > Balen

Doc. ii. cap. bereg.aque ge bini.

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Red wyne e clatette.

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Galenfaith: That groffe redde wynes nourishe moze than watraffie but pet they noury he leffe tha blacke colosed wynes. And on this wyfe the fapenge of Tlaacis buderstäde, where he farth, that blacke colozed wyne nourysheth moze than redde. And these redde wones, hurte the heed more than whyte, and leffe pronoke one to pyffe, Ind this is the cause that stronge wynes be not convenient for feble branned folkes, as it is as fore sappe: But it agreeth well with theym that haue a stronge brayne. Hora stronge brayne re= fifteth vapours, whan they fingte by there buto, as Aucen farthe. And here note welle, that suice. in.t. the write of a man that bath a fironge brayne, is clarified and sharped more, if he drynke good wone, than if he dranke none, as Aurcen faythe. And the cause why, is by reason y of good wone more than of any other drynke, are engendred and multiplied subtyll spirites clene and pure. And this is the cause eke why the diupnes, that imagine and fludy bpon hyghe and subtyle mat ters, love to dipuke good wines. And after the opinio of Autren, these wynes are good for men of colde and fleumatike complection. for luche wynes redresse and amede the coldenesse of complection: and they open the opilations and flope pyriges, that are wont to be engended in suche persons, and they digelt fleume, and they helpe nature to converte and tourne them in to bloud, they lyghtlye digeste, and entre quyckely, they B.li. HooifiaT encreace

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encreace and greatly quycken the spirites. But wone citrine is not fo burnpage as redde claret, as Galensapthe. Redde wones be hotter than whyte, and therfore they greue the heed more, As Galen faythe. Alfo claret wyne nouryffheth leffe than redde, a moze than whyte. And in fome places they call claret wone whyte, and that is o cause that some sape, whyte wone both quickely enflame many body. The blacke wines be not fo feruent hotte as the redde wynes be . And ther: foje thep hutte the heed leffe. But foz as moche as they discende more sowlye in to the bealye, and prouoke more flowly mas brine, they greue the beed moze than white wone bothe, as Galen fayth. The thy toe thynge is suppynges, made of good brothe of flethe, but specially of chekens, for suche brothes are bery kyndely to mans na= ture, and are lightly couerted in to good bloud, and they engenoze good bloude, specially whan they be made with fone flower. for flower principally of wheate, is a greate nourifher, and cau fethe greate nourishement as Kalis fapth. Ind of thefe . tit . fozelapde thonges , Auicen lapth: Example of clene and good nouriflying meates and humours be the polkes of egges, wyne, and brothes made of fleffhe, and there bpon he coneludeth that these three foresapde thruges are comfortable and of greate restorative for mans boove. of many (1)

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3. 特别与约时发

Mafts . til . Ilmen. Aufcen. tit. Doc.ii. fum. Leapi, pb.

ENutrit & impinguat, triticum, lac, calcus infans,

Testiculi

Testiculi, porcina caro, cerebella medulla, Dulcia uina, cibus gustu iocundior, oua Sorbilia, mature ficus, uuæc recentes.

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Here are touched. rit. maner of thynges, the whiche greatly nourishe and make fat mans bodye. The frafte is breadde made of wheate: which as Muicen lapth, fatteth Iwpftely, speciallye whan Aui.ii.ca. it is made of newe wheate. Ralis fayth, wheate cap. de pa is neighbour to temperaunce, all though it en = ne. clyne a lyttell to heate. And the heutest and soun Masse. iii. dest wheate doth nouryshe beste, and of all gray! nes it is mooft holfome for all folkes: And the bloud that is engendzed therof, is moze tempe: rate than of any other grapne. And touchynge the chorce of wheate, re Chall buderstande that wheate, the election is to be confidered in two thynges. frite the substance of the wheate oughte to be considered, and secondly the preparation therof: And of the chorce touchynge the substance, Aui= cen farth, that that wheate is best, that is nep= ther harde no; fofte, greate, fatte, and newe, and not to olde, and betwene redde a whyte. Blacke wheate is an pl nozifher. Rafis farth it is heur. And of the chopce concerninge the preparation, wetteth well, that all thynges made of wheaten flower discende from the stomake slowly, a both engedte groffe humours, and both cause opila= tions aboute the lpuer, and doth augmente the fplene, and engendze the stone: and whan it is digested, it nourysheth moche. 300 heate sodde is B.III. heup

Bicabbe.

Galen de

Butter mylke.

Grene chele. Bui, ii, can, ca, de calco.

Lockes Cones. Auf.ii. can. ca. de teffi.

heavy meate, and harde to digette, but whan it is digefted it nourisheth ftrongely, and ftremeth a man moche. But wheate made in breade, well leuened, and baken in an ouen, hotte with mo: derate frze, is meruaplous holsome. All these thynges are gethered out of Galen. The fecond thynge is mylke: and after the mynde of some doctours, it is biderstonde by butter mylke, called Odor, and commonly called Balbuca, there is nothinge nourishethe more than this milke, whan it is newe supped bove, with newe hotte breade. It maye also be understonde by gootes mylke: whiche noury hethe moche, wherof we haue largely spoken befoze. The thyzde thyng is grene chese, whiche as Auicen sayth, is a nous ryther and a fatter. And althoughe grene chefe bothe nourishe and fatte, pet it is nat hollome in the regement of helthe, for therof come the in= conueniences befoze Declared. The. uit. thynge is, stones, and specially stones of fatte cockes: whiche as Auicen farth, be very good and great nourythers: And he fayth that in a small quan= tite they nourishe moche. This also mave be bu derstonde of hogges stones very fatte, that hath not boored a fowe. for as porke of all, iiii. leg= ged beaftes (touchpinge nourishement) is beste, in lyke maner the thomes, in regarde of other beaftes frones, are the beste. And here it is to be well noted, that the stoones of aged beastes, whose sede is fermented, be nothynge nourps JIII. O Chynge.

Mynge. But the stones of ponge beastes, that be not pet able to bo they? kynde, and whose sede of generation is not pet ripe, be of metely good no= rithemet, of they be well digefted. The. v. thong is porke in cholynge therof, and of theffecte of porke, the same it was largely declared befoze, wherof Galen saythe: That of all foodes poozke is the greatest nourisher. The. bi. thonge is, eatynge of brancs: And wytteth well that brannes be yll for the flomake, and they cause lothsomnes, and take awaye a mannes appetite: and brayne engendzeth groffe humours, pet neuer the leffe, it nourishethe the bodye, if it be well digested: But in noo wyfe it shulde be eaten after other meates. And if it be dreffed with penyrialle or nepte, to attempze the clammynesse and colde therof, or with thyinges, that by they, vertue gyue heate, it is good and hollome. And take hede that re cate no branne, outcepte it be fraste hotte bpon the coles. And witteth well, that bearine is not good for them that be speke other whyle of colde ocseases, but for them that be hot of complexion it is holfome, as Kasis saythe. And brefely to speake brapne is forbydden in the regiment of helthe. But pet somtyme it dothe well in medicines, as the branne of a lyttell goot is good agapufte benoine, and agapufte benomous bityuges: And a haares brayne is good agaynst tremblynge: And some save the brayne of cheking and capons is good for the memorie,

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there of and comfortethe the watte, pet touchange the chorce of bearnes, it is to be knowen, that the best brannes be of foules that flee, and propely aboute mountapnes. And of. iii. footed beaftes

ca. be cete. Bui.tbidem bulla.

the beste is of a ramme, and nerte of a caulfe, as But.il, can. Auicen fayth . The. bu. thynge is, marpe, whis che well digested nouvisseth moche : as Aupcen cap de me: sapthe. And it is lyghtly tourned into bloudde. pet neuer the lesse, it destroyethe the appetite, and maketh one to lothe his meate: And therfore

ge arp.

Buicen teacheth bs, to eate it with pepper. And touchping the chopce of mary, Aucen faith, that the marre of beale, of a harte, of a bulle, of gootes, and of thepe, is moofte hollome. And some say the mary of ronge fatte bulles, is very holfome and good. The bitt thynge is, fwete wynes, wherof we shall entreate hete after.

Delicious meates.

Bal.in fecti aphoxif.

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The.ir. thynge is, delicious meates: for suche moste specially nourythe as Dippocrates farth. And Galen farth, that all fauogre meate, wher= bo partie. in one hath a delectation whan he eateth it, is of the stomake recepued, retepned, and digested, with a moze feruent delyze than any other. But if the meate be lothesome, the stomake well not abyde it, wherof bompte, abhorrynge of meate, inflation and belchyng are engendied. And this is the cause that we se some moze helthye, fedde with course meate, than with good, bycause the course meate is moze belicious buto them. The

meragges t. thynge is, rere egges : whiche in fmall quan-

tite

tite nouryshe moche, wherof we have spoken befoze at large. The. ri. thynge is, type fygges: whiche throughe they? swetenes nouryshe and fatte moche. And touchynge fygges, thoughe they noutythe not as strongelpe as stelle and graphe: pet there is no fruite fo ftronge a noutyther: as Aucen faythe. And he faythe, that fpages nouvelshe moze than any other fruites. And the he farth, that fruptes of most nouryshe= ment, and most lyke and nere buto fieshe in nous eus quad tythynge, be figges, very type refyns, and da= tes. And as cocernynge the chopce of them, wit= teth well, that as Anicen farthe: the whote frg= chorse of ges be beste, foz thep be lyghter : and nexte buto them be the ruddy or cytryne fygges, and than the blacke. And they that be type be beste. Also the mopfte and newe fygges are greatter and swyfter nouryshers, than the daye, and sooner passe frome the stomake to the lyuer, and they moist the liver moze, and are moze melowe than the drie fygges. But pet the dape fygges enflate not so moche, and are moze holsomer for the sto= make than the mopfte, as Aucen faythe. The dipe fpages in they, operations be laudable, but the bloude of them engendzed is not good: and therof lyce are engendeed : But eate theym with nuttes and almodes, and they? humour is made good. And he faythe, that the operation of fygges is merueplous nouryllynge, pf they be taken fastyng, with nuttes or almondes, for they open

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open and prepare the wave for meate, but yet the frage that is eaten with a nutte, nozifheth moze thathe fygge that is eate with an almonde. And wytteth well, that all frgges do enflate, melowe, and expulse superfluities to the faynne: and they prouoke swette, and anopde or remoue awaye tharpnes of the throte, and they clenfe the breaft, longes, and pipe of the fame, and open al maner opilations of the lyner & fplene. The.rii.thynge is grapes, that is to fay fwete and type. And pe Mall bnderstande, that there are . iii . maner of grapes. for some be grene and sower, wherof berieufe is made: thele grapes bynde foge, and represse the rudor colour and languyne, and are holfome for a colerphe lafte. There is a nother forte naturally grene and newe, wherof wyne is made. Those grapis (specially if they be whyte, and the grapnes and hulkes lette a parte of take awage) cause one to haue alaske, and they nourphe moze than other fruptes, but not fo moche as fygges, as Auten fapthe. pet of trouthe they ingendze bentolites, inflations, and ache of the bealy. And if they remaine. ii. 02.iii. dayes after they be gathered, tyll the huske be somwhat a= swaged, they nouryshe the better, and are leste laratque: no, than they enflate not. And thep. whose stomake is full of meate, and buclene of pll humours, thulbe in no wyfe eate grapis, fpe= cially eif they be newe and without graynes or kyznels: for in suche a stomake they corrupte foone

Grapes.

Ini.ii. can.

foone, for they be over foone digested, and canne not anopde out of the stomake after they be by= gested, by reasonne of the meate, that is not vet dygested. Wherfoze than they both be corrupted in the stomake, 4 they corrupte the other meate. And lyke typle hit is to be binderstonde of other fruites larative. And who that wyll eate grapes grene and newe gathered, it is good to lay them in warme water an houre, and after in colde wa= ter, and than eate them. Rasis saythe, that gra= pes swete and newe do soone fatte the body, and alimen. they augment the cyling of a mans parde. And farther he fapthe, that the grape that hathe the thounest huske, descendethe sooneste frome the stomake, and the thycker buske, the sowlyer. There is a nother called a dape grape, og a refpn of lent, and thoughe this grape be nombzed a= mong his egals, pet it is lyttel enclined to heate. and after Rasis in the places before allegate, it nourissethe well, and comforteth the stomacke and lyuer, and anopoeth opilations. And it is fapde, that the louer is fatted with thepm, and specially if they be clensed frome the greynes oz kymels. And thus the foreland texte may be bus derstande of a freshe gethered grape or tapfpn: oz of a dzye grape called paffula.

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EVina probantur odore, lapore, nitore, colore, Si bona cupis uina, hæc tunc probantur in illis Fortia, formola, fragrantia, frigida, frifca.

Dere in this texte be declared, b. maner of pro= H.ii. ues Conftan.b.

Bal. com. tit.t.part. beg acuto. nes of good wyne. The fyzite is the smelle, for wone of good odour and flauour multiplyeth or encrealeth a mans fpirites, and as Conftantine farthe, it nouvilleth well and engendzeth good bloude: but Aynkynge wyne is buholsome for mans nature, and both engendze groffe and me: lancolpe spirites . And after the mynde of the fapde Constantine, it engendzeth pll bloud and beed ache, that of the pll fume ascendethe to the heed. Galen fapthe, that wone that hathe good smelle, engendzethe good bloude, but it fylleth ones heed full of fumes and bapours, by reason of the subtiltie and heate therof: but wone of vil smelle, after the quantitie of yll bloud engendred therby, doth hurte the heed very lyttell, by reason it is colde and groffe. The seconde thynge is , fa= uour:foz lyke as good fauoury meate nozisheth better a is better recepued of the stomake than other as is aforefayd, in lyke wyfe bothe wone. But pe hall binderstonde, that wones differre in fauourines: for fome be swete, more norpshynge than other, and they engende groffe bloud, and morte the bely, a pet they be harde of digettion. and make one thyafty. There is a nother forte of wones called pontica, 02 ftiptica, whiche comforte the stomake and ease the belpe, but they hurte the breafte and purtenace, as the loges and pipe therof, they be hollome for the entraples, and are harde of digestion. There be other wynes that be Charpe of lower; the whiche prouoke one

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to pyste, they do not engedze humours, but they discolue them: There be other wynes, that be bytter, but they be not so botte, as Constantine Confian, v. faith. The thyzo thing is, clevenes or bryghtnes, whiche theweth the purenes of the wone, and fo consequentlye of the spirites therof engendeed. The fourth thying is, the colour. In they? colour wynes varye, and differ greately in they? noury= thinge. for the ruddier wones of the same parel do northe more that white. And therfore they be moze holfome foz leane falkes tha whyte be, and whyte moze hollome for them & be fat. And tous chynge the diverlitte of wyne in colour, we have spoken before at our recentia. farther in the texte are reherfed foue specialle thinges, by whiche a man houlde proue and knowe good wyne. The fyilte is, the strengthe, whiche is knowen by the operation. for as Galen fapthe, ftronge wyne is Sal.in.reg. it that behementlye enflammeth a mans bodye, mento.i. and repletethe or filleth the heed. This stronge wone is a speciall encreaser of the spirites, and a greate nouvilher. But pet J aduple theym that have a weake brapne to beware how they drinke stroge wone, except it be well alayed with water, For the fumpihues therof hurteth the heed. The second thenge is, fairenes of the wene. For & fapzenes or goodlynes of the wyne, causeth one sand. to dynke it desprousely, whiche bothe cause it better to digelt, and better to nourthe. The.tit. thenge is, fragrant and of good odour. Hoz fra-P.tit. grant Hindi

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grant and redolent wone comforteth moste, and engendzeth subtyll spirites, as it is afoze sapte. The fourth thyna is wine ought to be cold touchynge the tafte, but hotte in effecte and operation. for wyne made hotte, by reason of the derenesse and fines doth ouercome a mans brapne the soner, and enfebleth the smowes, a hurteth & heed excepte it be taken moderatelye. The. b. thenge is, that were oughte to be friske and spankelynge, and with the spumpage to make a lyttell norse, and the soume to be thoune and fooneflashed, and the soume to remapne in the myddes of the cuppe. for if it have not thefe pro pretes it must be called hangunge, that is feble wrne, and speciallye if it make no sowne, and hath greate bubbuls and spume, that remapne longe by the spoes of the cuppe.

Sunt nutrativa plus dulcia candida vina.

Dere is one doctrine of wone declared : the whi che is that groffe and fwete wries do noury the moze than any other of the parel. To this agre-Confian, v. eth Constantine: and fo dothe Auten, favenge on this wife. Groffe wine that is dulce, is beste Dereg.aque foz hom that wolde be fatte. The reason is, by= cause poulce wrnes, through they doulcetnes are behemently drawen of the membres, where Bollitract, with nature veroyfeth. For Aucen faythe, that the operation of doulce wynes do dygelte, mellowe, and encrease nourpshemet, and nature loueth theym, and the bertue attractivue draweth .111. (8 them

theorece. Zuice. tit. f. et vini.

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them. And al though this terte mave be verified by all doulcet wynes, yet the moderate doulce or fwete wyne, is to be chosen, and not that that is ercedyinge doulce, as mulkadell: for luche wynes doo corrupte the bloud, by reason that na ture draweth it violentlye from the stomake to the lyner, befoze it be well digested, and befoze the superfluitie therof be rpped, and through the greate doulcetnes therof, it fylleth the bloudde with budigested waternes, that makethe the bloud apte to boile, and putrifie. And this also hulde be biderstonde by other meates that be excedyinge swete. Ind farther wytteth well, that of the vie of swete wynes and other doulce nous ephementes.iii.incoueniences are to be feared, specyalipe of them that be inclyned therto. The fyzite is, lothynge: for the lwete foodes, through doulce for they? heate and moulture fouppull and full the des, mouthe of the flomake, and there engendze a gation of it, that thulde cause hunger. The.it. is, these doulce foodes doo swyftly enflame and tourne in to coler. for doulce thynges are mofte apte to engender coler. Therfoze honp aboue all other thynges soonest engendzeth coler, bycause it is of swete thonges the mooste sweteste; and Ga.m.com. nerte honge is swete went, as Galen saythe. mento can, And here bpon exteth theatenes: nogit is not regim. acus holfome for them that have the ague, nor for co= torum, lerike folkes. The.itt. is,opilation of ftoppynge

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(and specially the liner) do drawe busce thynges with they? dreages buto them, by reason of the great delpte b they have in them, before they be digested. Wherfoze in these parties they lyghtly cause opilations, throughe the belpe and operation of the groffe substance, wherin the saucy= nes of swetenes is grounded, as Auicen faythe. And this is the cause that swete wone dothe lesse sterre one to posse than other wones. Agapuste thefe. iii. nocumentes eger or charpe fauor thin ges are berpe hollome: for with they tartenes they prouoke the appetite: and with they cold= nes they quenche enflamation, and with they? and and fpnes of substaunce they open opilations. far= ther wytteth well, that al though swete wynes, and other bulce nozythementes, ftoppe oz thutte the liver a fplene : pet they buftoppe the longes. And the reason why they stoppe not the longes as well as the liner and fplene, Galen declareth. Breaufe dulce thringes in they? passage, resude nothing there to, but that that is fine and pure: and the bloud engendeed of dulce thynges co= methe to the longes, purified fyzite in the lyuer, and fined in g harte. Allo as Bippocrates layth, acuto, can. Dulce wones do leeft make one donken. Thus we may conclude, that if wyne be dzonke for no= rishement, for restorative of the body, or to make thepm fatte that be leane, whether it be natu=

rally of accidentally: tha dulce wines and gros.

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sufficiently colozed are holsome. for such wines are nourishementes and restoratives for suche as be lowe brought. wherfore they be most conuenient to make leane bodyes fatte. But suche as well not nouse the restore, nor make fat they? bodyes, as they that be co: spe and fatte alredye: than though they may not vie swete wynes but subtile, pet they ought to chose suche as be ami= able and have good favour & flavoure, and are enclined to whytenes, and be sufficiently strong. If one depnke wyne to quenche his thirfte, than he muste take whyte wone, thynne and feble. for luche wones do mopfte better, and couleth moze, a fo confequently do better quenche thirfte than any other: And the greater the thy Ae is, the hollomer luche wone is. But if so be wone be dronke to refreshe the spirites, and to comforte the corporall vertue, than it wolde be subtyle. swete, and of delectable fauour, of meene colour. and of lufficient firength: and fuch wrne ought to be taken with a lyttell meate, and it muste be depured from eyther superfluite, and to be take in small quantitie. But doulce woncs of meane substance and of good flauour, shulde be chosen to scoure the breste and longes, and to cause one to laske.

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CSi uinum rubeum nimium quando q bibatur, Venter ftripatur, uox limpida turpificatur.

This texte theweth to bs two hurtes, that come by ouer moche dynkynge of redde wyne, The firste

frafte is that oner moche daynkyinge of red wine maketh one costine. The cause, as some save is. For suche redde wone heateth moze than other of the parell, and is more nutrative. for in that that it is hotter, it depethe more: and in that that it is more nutrative, it is more desprouspe reterned of nature. But vet this texte mare be buderstande by ouermoche depukpage of byns dynge redde wyne, whiche is some what eger, Charpe, and coffpue. And concernpage this, witteth well, if the fromake of the guttes be feble in they naturall operation: that than red or blacke wyne, called styptike, that is some what tarte. ought to be bled an dronken, as they ble to do. that by debylite of stomake are larative, and can holde nothpage. This farth Hippocrates in the cation Palmeus quidem.&c. And alfo Galen in the coment of the same. But he that well comforte the bertue of digestion, the clene wyne or meane in substance and colour, of good and convenient fauour and of sufficient strengthe, a some what Appticke, is most holfome. The fecond thing is. hozesenes of p throte, the whiche hoorsenes some redde wones do cause and enduce through their dipnes and erthynes. And this hurte commeth also by daynkynge of redde wines that growe in the parties of Brabant, throughe they? Appty= citie and erthpnes: and specially this grefe chan ceth whan the fapde wynes be not frned. But pet they make not a man coffine. for muff, that

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is bery red, is wont to cause the fire, by reason of his erthye dreages myngled there with all: the whiche byteth and quawethe the guttes : of whiche gnawpage cometh the fire. And suche wyne hulde not be dzonke tyll it be fyned. foz so longe as it gnaweth, through the erthy oreg= ges therof, a biting fume is arepfed to p brapne, which gnaweth and byteth the eies, and maketh them redde: Suche inconueniences are engendied by newe unfyned wynes of Brabant, whe ther they be white or redde, through theyr erthy= nes. The cause why this fume is mozdicatyue, is by reason that the wone that he cometh of, is mozdicatpue. foz Galen farthe: what fo euer is dissolued from a thynge, muste nedes be lyke the thruge, from whiche it is disfolued.

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CAllea, nux, ruta, pira,raphanus, et tiriaca, Hæc sunt antidotum contra mortale genenum.

In this texte are compapled. bi. remedpeg a= gaynste benome. The fyzite is garlyke: whiche is very medicinable agaynst suche inconvenien= ces, as are wont to be engendzed of water: and specyally it is holsome, if one happe to daynke noughty coarupt water. Wherof Serapio faith: That if one eate garlyne fyzite, and dzynke coz= alleo. rupte water after, it Chall not hurt hym. 200 her= bnto Anicen agreeth. The same operation is al= Et.ili.t. ca. fo in opnyons, as Aucen farthe, and so opnions may be comprehended buder garlike. And Aut: aquarum. cen sapthe: that an opnion is subtile, percynge, ca.de cepis. A.ii. and

Gal.in com méto illius aphouff. Et qui cres sunt, Ec.

Garlyhe.

Detapio in Cegre, ca. be Bui. if can. ca de allen de colerua. a noc. bi. Zui.ii. can.

And scoutyng, with flipticyte: and openeth ftro: glye, and it is hotte in the thyede degree, wher= foze it heateth pll waters, and letteth that thep with thep; colones hurte not the stomake; and it maketh groffe humours pure, and caufethe thein lyghtely to issue. And vinegre myte with an opnion doth greatly fortifie his subtyle and percynge og entrynge bertue, and kepeth one from thyzitmes, the whiche eatynge of opitions is wont to cause. This same is verified of gar= lpke. And Auicen faith, that after one hath dzoke groffe and troublous waters, he shuld eate gar= lyke: foz it fineth them, and maketh them lyght= ly to discove: and letteth that they hurte not the stomake and entraples : and that they stoppe not the beynes. And garlyke is good to eate bes fore one take his journey. And it is one of the beste and mooste holsome thynges that can be for them that come out of a cold anze, or go in to Bui.mit ca. It, as Auteen fayth. And by this appereth, that garlyke is specially good for them that tourney and wader ouer divers coutres, and ble divers dipnkes, accordynge to thefe berfes.

de regendo inter.

> EAllea qui mane ieiuno sumpserit ore. Hunc ignoratum non ludit potus aquarum. Nec diversorum mutatio facta locorum.

Doze ouer garlyke (dzonke with wyne) is good againste the stynginge of benomous wormes, and bytynges of ferpentes, whiche thynge Autca. de alleo. cen sayth, that he proned. And also it is good a= gapust

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garnste the bytynge of a madde dogge: and a playfter made of garlyke, fpage leaues, and compn, is good to laye to the place that is bytten with a venomous beeft called mugal. Alfo an ove npon, as Auicen fapthe, is holfome to announce place that is bytten with a madde dogge, with the teufe therof, oz a playfter therof made with falte and rewe. And an opnyon eaten, expellethe the hurte of venomous thynges. And some say they engende in a mans stomake a mouste hus mour very holfome agaynste the hurte of veno: mous thynges. And here is to be noted, that garlike, opnions, and also likes are not holsome for temperate bodyes, nor hotte, and speciallye whan they be eaten rawe. Forthan they northe bery lyttell, and pll, and they engenoze harpe vickinge bloud: pet they make groffe humours subtple, and breake or cutte claming humours. And whan they be fodde, they lofe the pricking, and pet than they? bertue incuspue of cuttyinge. and subtplatpue remapnethe. Therfoze whan they be fodde, they be hollomer tha rame. Lykes behotte and dipe, and they nourythement is lyacs. naught, they hurt the eies, and ingenoze blacke melancoly bloudde, and cause terrible dreames: they hurte the senowes with they? papehynges: and they hurte the tethe and gommes : and colery he and melacoly folkes thuld not vie to eate them, and speciallye rame. Dynyons be hotte, Gareng of and they have an erthy superfluous heate, with opinions. Titt. a wat=

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a wattrishe morstenes, subtile, and budiacted If they be eaten rawe, they enceoze yl humours and corruptible putrifactios in the stomake, and they cause yll dreames and dredefulle, and also beed ache. And if they be to moche bled, they marre the memory, and trouble the bnderstan= dinge and make one belide hom felfe. But wha they be foode with the brothe of good fielhe, and eaten they cause good digestion and their burtfulnes is dympupshed, and they moderate the coldenes of meates, where with they be foode: Eatyng of but the beste is, not to ble theym. Garlyke is hotte, declynynge some what to humiditie, but leffe than opupous, it is medicinable agayufte ventolytees and eke the cough, and it maketh one to spytte well, but it hutteth the spatte, and bredeth heed ache: and it is tryacle for bplans dolle men. And thus the forclayde thonges are holfome for them onely, that have in them fleumatike groffe and clammee humours; but co= lerrke folkes ought to absterne from them. The use of The. it. thynge is walnuttes: wherof Aucen

muttes. Buf.ii. can . ca. De nuce. Dicinable agapuit all maner of benome : and of

gariphe.

ster to laye to the bytynge of a madde dogge. And this specially is understade of a dave nutte, Difeles en that is eaten befoze meate in fourme as is afoze gedred by sayoe. And wytteth well, that daye nuttes are worle than newe and moulte. For the dive are

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more oplye: by reason wherof they tourne to coler, and engendre heed ache, they hurte the eies, and cause swimminge in the beed, and specially if they be eaten after meate, they cause the paul sey in the tonge, and prouoke one to bomite, & make blysters in ones mouthe, and they that haue a colerike flomake, ought especially to efchue dzie nuttes, and the older thep be, the worle they be. The newe nuttes have lesse of plie oplines, and therfoze they engendze not the ache of fwpmmpnge in the heed, and suche loke dos eales, as the dype do, and by reason of their sip= perp humiditie, they make one to have the lacker And if they be a lyttell warmed at the fyze, and eaten after dyner, they presse and dryne downe the meate. And thus it appereth that newe nut= tis are moze holfome for folkes in helch tha ozte, The thyzde thing is rewe, wherof Aucen farth, that it respstethe popson. And after he sayth: If one feare lefte he thulbe dipnke popfon, of to be fonge of a venomous beeft, let hom take.3.1. of the fede, with the leaves therof, and daynke it with wyne, and a nutte stamped and myngled to gether. And Arpstotle sapthe, that whan the welfell well feeghte with the edder, of the toode, the eateth reme fyzit, and by reason therofileeth the other: For the smel of reweis foo to popson: The eatynge of rewe in the moznynge with figges and swete almons, preservethe one frome poplon. Here is to be noted, that ther be two kin Two apadua

Of rue cal led herbe grace, Auf.if. can. ta. deruta.

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des of cewe. The one is gardenne rewe, the o: ther is wylde rewe. The garderne rewe is better than the felde rewe. for the felde rewe is er cedpinge dape. At is hotte and dape in the fourth dearce. Wherfore it is hurtefull to take moche therof. The gardenne reweis morfte hotte and dipe in the in and in degree. It perceth and res folueth bentolitie, and specially if it be daye. for Derap. ca. Serappon lapth, that Dape reme of all medicins for bentolities is the belt, and moofte holfome: but mort rewe engendzeth ventolite. Also rewe both behemently quicken the frahte, and fpecyally the teufe therof, with the teufe of fenelle and hour made in an opntement ozels eaten, as Aui. ii. ca. Auicen farth, But pet for as moche as & ieule of ca,de ruta rue bath a ppzete hurtfulto the eies, it were best to faune wonde byon pour eyes therwith : and in noo wyle to touthe your eyes with the materiall rewe. The fourth thing is peares: wherof Aupcen farthe, that they be hollome against difeafes that be engendred by mulhroms or toode flooles. for peaces foode with mulhroms, do as layether, hurtfulnes, oxels this texte mave be binderstande by veares aromatike, whiche by reason of they? Swete smel, comforte the spirites. ine su ore and to they anopde poplon. The fyfte thynge is radythe: whereof Aurcen farthe, that they be holfome against the bytyinge of a snake: and whan they be dronke with wone, they are good

agapust the bytynge of the beaste called Cornute.

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and the fede therof is good against al benomes. And whan the fede of rady the is layde boon a Coppion, it fleeth hym, and the water thereof bath in that behalfe ben proued, and it is ftron= ger than the fede, and if a scoopion byte one that hathe eaten radylife, it Mall not hurte hym. It is also betre good against the chokping of mushzoms. Dzit maye be sayde, it is good a= gapuste popson, bycause it prouokethe one to bomite, & fo by reason of bompte the stomake is purged of pil humours. And here is to be noted that rady the and rady the rootes are lyke of com plecion, which are buholfome for colerike folke: for they engendre a Charpe prockynge bloudde: and radythe is buholfome for the stomake, for it maketh one to belche moche, and engendzeth groffe humours. And if the digestion be feble, it engendzethe rawe humours, pet it is subtylle, and of a percynge nature. And some men ble to eate rady the after other meates to comforte dy= gestion, wherat Galen maruapleth : And coun= upnge philitians lave, that of radollhe be eaten after other meates, it helpeth digestion: and unloseth the bealpe. But pf radpshe be eaten be= foze other meates, it lyfteth by warde the meate, and causeth one to bomite. But it is hollome after other meates, to eate a lyttel quantitie of ra= dpfhe, pet neuer the leffe they hurte the epes and the heed. Rasis sayth, that rady the lyenge longe in the fomake, auoydeth fleume, and the leaues therof

THE REGIMENT therof do digest meate, and helpeth the appetite,

Tryacle.

Bufc. 6.4. grat.3. ca.1.

Buts. 6.4. trac.1.ca.be med. com.

if they be taken in a small quantitie. The syrte thruge is triacle, whiche of every forte is good agaynste poylon, and therfore it is good bothe for man and beafte, as well colde as hotte. And bnder the name of triacle g noble medicon De= tribatis mave be comprehended, whiche two be loke in operation. for Auicen of triacle fapthe: pe hall buderstande, that the greattest rule in curpage of porfon, is to comforte natural heate; and to labour to depue it oute, as triacle bothe. And of triacle and the medycone Adetridates to gether, Auicen farthe: There be certerne me= dicins contrarie to poplon, which wpl not luffre poplon to approche nere the harte, as triacle and Detridate. LAcr fit mundus, habitabilis, ac luminolus.

Nec sit infectus, nec olens fetore cloace.

Choyle of holfome ayre.

Dalpe, ili. teg. in com. tllius cano. Dia hec ac.

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This texte declarethe foure thynges touchynge the choyle of hollome aver. De whiche the frafte is, that one oughte to chose a clene aper, that is not enfected with vapours. for bucleane aper doth alter the harte after g nature of p coplerion that it is myngled with, as Halp fapth. The.tt. thynge is, one ought to chose a lyght aver: for darke aper maketh a man heup and bulle fpiris ted, for suche aper mynglethe hit selfe with the humours in mans bodye, and foo bepage trows bled, it runneth to the harte, of the whiche and of the humours, groffe and troublous spirites hen not

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ben engended, the whiche make one lunppille and flowe. Therfore there is nothproge that mas keth a ma moze tocunde oz mery and, leffe heuy. thato walke in a faire clere ater, or to epfe perly. The. iii. thyinge is, that we oughte to eschewe infected aper, that is where flaughter of people hath ben: for commonly in those places, where as great flaughter of people hath be, and in plas ces nere therbuto, foloweth great peftitence: fo; whan we drawe in the infecte aper, it infecteth the sprites in our bodye. The mit thonge is, we flyulde eschewe gunges, linkes; gutters, chas nels, frukpige duches, and al other particuler places that are infected with carrepne, and plas ces where as deed carkefes or deed folkes bones are rafte, and places where hempe and flace is wattered. for the aper so infected; bothe infecte the spirites of our bodye, and specyally hurteth the brayue. And therfore Auteen faythe, that as Juten. it. t. longe as the aperis temperate and clere, and no boct, ca.i. substaunce contrarpe to mais nature mongled there with, it causethe and consecuetly a mans helthe. And whan it is changed, it bothe contrarie to the operatio therof: and for a more des claration of the forfayo thynges, mytteth well, that the aper in the regunent of helth is necessar rie. iii wayes. Hyste, for the refreshynge of the harte. Secondly, for the anoydynge oute of fumythe superfluities, that trouble the spirite and natural heate. For like as we fe by exterior thinessai B.it. ges

ges as the free without fannynge of the apreis choked and quenched: so lpke wpfe we may ima= gyn, that the spirites and naturall heate in man had nede to be nouryshed, coserued, and attem= pred. The attemperace of naturall heate is caufed by drawinge of the apre, and the pour aprice therof is caused by expulsyinge of the appe. The fyzite is done by motion of the attraction, and the seconde by motion of expultion: Therfoze if we drawe in ftynkyng and bucleane aper, it cors cuptethe in by the naturall heate and sprapte: Therfore the aver (huld be favre and clere, with= out bapours and mustes: it mape not be trous blous and cloudy, nor myred with pil vapours. for fuche aire troubleth the humours, and ma= keth a man heupe and ladde, as is afoze layde. The open aper ought to be chosen, and not be= twene walles or houses: andtruly to speake, the close aper shulde be eschewed. pet neuer the lesse in the tyme of pestilence, whan the aper chaun: ceth to be enfected, the close aper is to be chosen. Therfore at suche seasons, it is good for bs to abyde within our houses, and to kepe our wyn= dowes faste shutte, leke the putrified aper shuld enterin: But els the open aper is belte. farther in the regiment of helthe, that aper ought to be eschewed, the whiche is myred with vapours of lakes and depe pyttes, contepnyinge fipnkyinge waters : and of certepne herbes, as colewortes, homlockes, a suche lyke: and of trees, as fygge trees

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trees, and walnutte trees. Farther that aper is to be chosen, wherein the wynde blowethe frome hyghe or egall grounds. And also we oughte to take good hede, that the aper excede not in any of his fyrst qualytees, that is to saye in heate, colde, morsture, or drought, whiche if it chance, it must be tempered by crafte as moche as is possible. These thynges Auicen teacheth.

ESi tibi serotina noceat potatio uina. Hora matutina rebibas, et erit medicina. Auice.il. 1.
doct.ii. de
diuerlis.

This texte teacheth one doctrone, the whiche is this, if a man be diseased by dapnkyinge of wone ouer nyghte, lette hym on the mozowe a fresche danke wone agapne. For epther dankonge of wone over noght causeth deonkennes, thouse in the moznynge, oz ets inflammation of the body. If it enclame the bodye, than it is ryght buhol= some agapne in the moznynge to dzynke wyne a freshe, for that were as one shold lay fyze to fyze: But pf one hap to be donke, a therwith phake a lyttell:than it were hollome for hym to drynke wone a freshe agapne in the morninge. For the divinkyinge of wyne than agayne, dothe lyghtly cause one to bomite, wherby the stomake is clen fed : and by reason of clensynge of the stomake, the hurte of donkenes and parbakyinge gothe away lyghtly. And therfore Hippocrates coun= fapleth by to be dzonken ones a moneth: that of the dronkines mave come bompte: which thying preferueth bs from pl dyfeafes of long continu= 数.tit. ance.

Dipp. ii. a= phonismo. der multo tepoje.ac.

ance. If the depukpinge of wone ouer eue dothe hurte one, by reason that he is not accustomed to daynke wyne:than he may daynke wyne agayne in the moznynge, to accustome hom: and so the dynkynge of wyne shall the lesse hurte hym. For as Dippocrates fayth, of acustomable thing cometh leste grefe. But in case that thyastynes in the moznynge both folowe on dzynkynge of wone over eve, than to divinke water in the moz= nynge is beste to coole his thyiste. And for as moche as we have fooken of hurte that cometh by ozynkynge of wone: wytteth well, that he that hath a feble branne, of what so ever other condicion he be, he ought to be wel ware of don bennes. for to be oft Dronken as Aucen fapth: ca. do tegi. is cause of. bit inconveniences . De whiche the aque et visi forfte is corruption of the lyuers coplection.

Maic. ff. f.

Sixe incon ueniences engedred of dronae nelle.

for wone excelleuelpe taken comethe to the lps uer, and resolueth the heate therof, wherby the louer loseth his naturall generation of bloude: and in the stede of bloudde, it engendzeth wattrishenes, and causeth the dropsy, orels it cutteth the louer or the humours therof, wherby le= pre or wodnes is engendred. The.ii.thpnge is, the corruptinge of the braynes complection, by reason of thycke a continuall fumes of the wone ascend thereo, the which dispose the hotte braine to woones and frenely: and the colde to the fallynge yuell, forgetfulnes, and palfey. The.iii. thringe is, weaknes of the senowes. For we se cos monly amer .加.楚

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monly, that these dronkerdes have the valley in they beed and other membres, as well in youth as in agc. The.iii. thynge is, difeafes of the fe= nowes, as the rape and palley. for superfluous dynkyng of wyne, oft times turneth to bineger in the stomake, whiche hurteth the senowes. Allo oftentymes, for faute of digestio, it tometh in to budigefted wattroffenes, which doth mollifte the fenowes, and often tymes it enduceth oz diameth groffe humours to the senowes, wher= by they be stretched oute, oz dzawen together. The fyfte thynge is the palley, that the humidites of the branne, encreased by wone, doo engen= die: so that they stoppe holly the ways of & lifely spirites, that procede frome the branne to the o= ther membres. The bi.thrnge is sodarne dethe, for whyle the dronkerde morteth or flepeth, his wynde pypes are closed or stopped with the a= budace of wyne oz humidites therof engendzed, whereby he is sodaynly strangled. And though the immoderate deputyinge of wone causeth the fozesayde inconveniences: pet wyne moderately taken, is holfome dpuers wapes. And Aincen re herseth. b. bontpes of wone moderately dronke. frue boun The fysite is that it easely conneveth the meate tels of wins that it is myngled with, to all the membres of dronke. the body, throughe the heate, subtillite, and hyd convenient propertie therof. The lecoo thing is, it digesteth and resolueth seume throughe the heate and subtilte of his substance, and maketh ÍĹ

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it apte to anorde out, openethe the waves, and comforteth nature to deput it out. The thirde is. it anoydeth redde coler by bryne, and by other insensible vacuations as swette and suche loke. And this is to be biderstande of claret or whyte wyne, the whiche is feble of nature, ozels alapde with water: foz other wyfe it wyll encreafe coler, by turnynge it felfe into coler, and inflamation of the lyuer. The, titi. thynge is, it causeth me= lacolpnes, the whiche is groffe, and moueth flowelp, easelpe to passe throughe the pipes or cunoptes therof, frome the louer to the splene, and from the splene to the bymme or mouthe of the stomake, a at laste with the dragges, to auopde out of the bodre. And it declyneth or represseth the hurte of melancolynes, throughe contrary= oulnes of complection and maner of fubitance, of melan- in the effectes therof. For melancoly engendreth colve and heupnes, fayntnes of harte, and couetousenes: but wone engendzeth tope, bolones, stoutnes of Stomake, and lyberalite. The fyfte thynge is, it resoluethe all causes of werpnes, excepte it be myrte with some other meate. for wone reup= ueth the resolute spirites agayne aboundantly. and bothe comforte naturall bertue, and taketh aware or diminisheth humidities that be lefte or cemanne in p mulculs, in p fenowes of the bact. of in the toyntes. And pf the bodge be deped by werpnes, and nedethe morttynge, wyne movfleth it quyckelpe, so it be allayed with water. far:

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farthermoze belides thefe thonges, wone hath many other good properties. for about al other thunges wyne is a swyfte and a sodayne nous ryther: it comfortethe the heate and naturalle spirites, and heateth all the bodpe, it clereth the wrtte, it appeleth anger, it depueth awaye he= upnes, and flereth to bodyly luft. And no dunke dygesteth rawe humours so well as wone. And wene maketh one manly bothe in stomake and body. And they that drinke no wine are nothing in regard of thepregals that drynke wyne, nepther in ftomake noz cozage.

EGignit et humores melius uinum meliores. Si fuerit nigrum, corpus reddit tibi pigrum. Vinum fit clarumq, uetus, subtile, maturum, Acbene limphatum saliens moderamine sumptum

This texte declareth one doctrine of wyne: 7 that is this, the better that wone is, the better humours it engedzeth. The cause is, foz blacke wyne is more groffe and erthye than any other: and therfore & spirites therof engedred be gros: And Galen faith: Groffe fpirites make the body heup or Clowe. And farther there be. bit. doctri= Vii doc nes reherled touchynge the election of wyne. trines to The fyzite is, wyne ought to be clere. foz luche VVyue wyne by reason that it is subtyle, engendzethe fubtyle and clere spirites. The. it. is, it oughte to be olde and not newe. for newe wone or must dooth fooner overcome ones branne, and make one have the laske, than any other of the parell: MONE E

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Magregas to; cap.be mite.

Sal.m com měto.ti. ca. mi.par.reg . acutojum,

it engendzeth the colpke and other accydentes, that Chall be declared after, whan we comets, Impedit urinam. 202 pe foulde not bnderftande, p wone ought to be to olde. For suche wone, as Dute tit . t. Auteen faith, is as a medicine, & not as dypnke. for suche wone dothe rather alter a temperate body to heate and droughte, than noutplie it. for whan it is so very olde, it recepueth agayne his fraste naturall becoure and sharpenes, and is than all firp. wherfore paggregato; writeth, that it is hotte and dype in the thyrde degree. The thy de lesson is, that wyne ought to be sub= tile. For subtile wine maketh the spirites of man subtile a groffe wynes engendze groffe spirites. The fourth doctrine is, wyne fhuld be rype, and not berte og eger, fog elles it woll depapue man of al his natural vacuatios and good helth, as Balen faythe. And therfozett is hurtefull for theym that wante enacuation by brine and all other they? byper membres, pet as Galen farth. fuche ftiptical wyne is hollome fo; difeafes that chaunce in the guttes. And the stipticalnes of wone maye be put away with mothe inpugling of water. The fifte doctrine is, that wone shulde be alayed with water : for therby the fumolite of the wone is put awaye: and fo it bothe leffe ouercomme the brayne. This is of trouth, if the mone be subtile, but if it be groffe, it ouercons meth the brayne the fooner, for therby it is made lubtile and more fumpliffe, And of this wone Auicen

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Aufcen binderstode whan he sayde, that wone a= Zulitt.tea. layde buth water both soner ouercome & bzayne de regimi, than cleane wone. The. bi . doctrine 18, wone vini. fhulde be fp:pnkelpnge whan one tafteth it, and this is one of the condicions of good wyne, before lapde. The. bit. doctrine is considred in the Dipukers condicion, and not of the wone: that is, one ought to danke wyne temperatelye. Foz wyne cemperatly taken, Charpeth the witte, and engendzeth all the holfome thynges befoze declared. By all these thrnges here expressed we may conclude, that where that oughte to be chofen and is best in the regunet of helthe, is meane wyne egall betwene olde and newe, clere, some what redde, of good odoute and flauour, of egal fauour, that is neyther eger, fharpe, noz fwete: whiche is not groffe, noz to moche subtple, and ekethat it be not to ftronge noz to weake : and that it growe not on stony and hylly grounde, noz on fimple planne and carable groundes, but on hyghe gronde, lienge ope towarde the fouth, in a countrey not to hotte noz to cold. Touching the regiment of wyne, concernynge the ages, prules that Auicen putteth are to be wel noted. The fysite is, to grue chylozen wyne to daynke. is as one wolde lay fire to fire made of die wod: for chyldren be tedre & soone enflamed, through thabundance of they naturall heate, and they? Cenowes and brapne be weake and feble. Wher= fore wyne hurteth them many wayes. But spe-L.ii. cially

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cially by quycke inflammation, by hurtpuge of the brayne, by lyghtly percynge of the fenowes, and abundant fumofite. Therfoze whan one gi= ueth chyldzen wyne to dzynke, the inflammyng heate of the wyne is added to the flamping heate of they, bodyes, which are of as smal relistence, as dave flyckes, reedes, or towe, is agapufte the fyze. The fecod rule is, that one may apue an old man as moche wyne to daynke as he can beare without hurte, that is, as moche as his natus rall and due appetite delyzeth. for lyke as olde bootes and bulkyns that be dave and wainkeled be made soupulle and playne with oplynge: so lyke tople ben the bodyes of olde folkes by dayn= kynge of chosen wyne, as wyne of Beunops. Auncient folkes are colde, and wyne heatethe: they; spirite is heny, a they be full of melancolyt and wone maketh them merre, and represseth melancolines : and commonly olde folkes fleve pll, and wyne maketh them to flepe well. Dide folkes be disposed to opilatios, a wine openeth. Ind lyke as wone is to chyldzen most contrary, so for olde folkes it is moste holsome. The.tit. tule is, that ponge folkes hulde dipnke wone teperately, whiche temperately is to be binder, fond measurable quantite, and couenient alaps enge with water. And al though that yonge folkes are as hotte as childie, pet thep; mebies be more founde, and they fenowes & brapne more stonger, wherby they maye the stronglyer resuite the

the hurte that commeth by dynkynge of wync. Many good thinges come by dyinkyng of wine sobjely, that is to saye, the boydynge of choler, the quickening of the corporall myght and wyt, and the abundance of the subtyle spirites.

CNon sit acetosa cerussia, sed bene clara,

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Chisterte declareth, b.thinges by which one may knowe good ale. The friste is, that it be not fower, for that hurteth the Romake. A fower thyinge, as Aucen farthe in many places, hur= teth the senowes, and the stomake is a membre full of senowes, specyally about the byymme of mouthe. The. it. thynge is, that ale muste be clere: for troubled ale is a stopper, and hurteth them over moche that have the stone, it fatteth and enflateth, and maketh one shorte wynded, and engendzethe moche fleme. The. iii. thonge is, that ale chulde be made of good come that is not corrupte, that is to fave, of the beste barlye, wheate, or ootes: for the better the corne is, the better is the humour therof engedzed. The. iii. thynge is, that ale oughte to be well sodde: for that causeth it p better to be dygested, and more ampably to be recepted of nature: and the inco= uenteces therof growpinge, are the better boine: for if the ale be not well sodde, it engendrethe bentosptes in the bealpe, gnawpnge, enflation, and colpcke. The. v. thynge is, that ale ought to be stale and wel pourged. For newe ale enge-L.iii. Dzeth

dzeth the same hurte that ale doth, the whicheis not well sodde: and also doth lyghtly becade the strayne coylyon.

De qua potatur, stomacus non inde grauetur. here is taught one lesson touching p ble of ale. That is, one oughte to depnke it moderately fo that the stamake be not burte therby, nor dronkenes caused. for it is worle to be dronke of ale than of wyne, and endureth longer: and the fumes and bapours of ale that affende to the heed are groffe, wherfoze they be not fo fone refolued: as they that be mounted bype by wone, where bpon it is to be noted, that in the begynnynge of opner or supper, it is holsome to ornke ale before write: the cause is, for at the begrinninge of our repast or dyner, the bodye is hungrye: so that the stomake before we began to eate meate was hungry, and so drewe superfluites from the membres. Therfore if we begring with write; by reason that nature greative despreth it, and for the great noury hement therof, the superflus ites, together with the wone ben drawen of the Stomake, and are conveyed to the parties of the body: but nature dothe not so desprously drame ale. And also ale washeth awaye the humours & hange about the bymme of the stomake. And for this cause philitions counsaple, that whan one is mooft hungrye, he thulde fyzite affape to bompte of he eate any meate, that those superfuites that be drawen to gether of the hungrye Stomake Distill A. iii.

fomake, maye be bopded out, lefte they be mpn= gled with the meate. Apke wpfe he that fearethe to be thyzsty by superfluous dzynkyng of water, Quide daynke ale : foz it quencheth bunaturall thyzite.

CTemporibus uetis modicum prandere iuberis. Sed calor æstatis dapibus nocet immoderatis. Autumni frudus caueas, ne line tibi ludus 1077 8 70 21 27. 17. 17. De mensa sume quantum uis tempore Brume. Ha

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There the author determineth, what quantite Dyete afof meate thuld be eaten, after the diuerlite of the terthe.iii foure featons of the pere, that is to fave, in beroz spayinge tyme, sommer, autumne, and wynter. he fayth that in the tyme of ver, we must eate lyttel meate. To this Aupcen agreeth and faith, the reason is bycause in wynter mans bodye is not greatly gruen to labour and exercyfe, rame bott. b. de humours are encreased, and specially seumatike, whiche after the proportion of the feafon, than speciallye be engendzed : whiche humours by reason of colde, are enclosed in the body, and whan ver og spapinge tyme cometh, these rawe humours, getherd to gether, do melte & fpzede through all the body: wherforenature is than greatelye occupyed in digestynge of theym. And therfore in ver fealon, if one eate moche meate, it letteth nature to digeste suche seumatike hus mours, a causeth them to diverte or turne ans other way: for by these humours a great quantite of meate, nature is overpressed. And so ther= bp

seasons of the yere.

Buicen.it. 1. boct. it.cap. bi. et. iti. f. reg, tepora cum recti.

by fuch humours thall remayne in the body bn= bigefted, and runne to fome membre, and there breede some difeafe. And therfore we ought to take good hede, that we eate not great quantite of meate in ber. for lyttell meate in this feafon, is a speciall preservation frome diseases, that Bute. tt. t. than reigne, as Auicen fayth. And this fapenge Doc.t.ca.vi. is of a trouthe, frome the myddes of the ende of per, and not in the begynnynge : for the begyn: upnge of veris lykened to wynter; therfore tha one mape nozpshe his body as wel as in wynter. And this also mape be thus biderstande: if the body be ful of humours whan, ber cometh, than meate is to be given after the natural heate and resolution, that is caused of the bodge: for than the cause is anopoed : for whiche meate shulde be dumpniched. Cothis Pippocrates agreethe fayenge : Bealpes in wynter and ber are moofte hotte, and depe mooft longe. Therfoze in those feafons, by reason that naturall heate is moche: tt nedeth moche nourythement. Secondlye he fapthe, that to eate mothe meate in sommer is hurtefull: bycause that than the bertue of dige= Ction is feble. for the fpirites and natural heate, whiche are the instrumentes of corporall operation, are than reght feble, fparpled, and resolute by reason of the outwarde heate, & whiche dothe vehemently drawe them to the exterior partes: and fo caufethe, that moche meate can not well Digefte, And here is to be noted , & foz as moche

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as the behemente resolution of humpdytes, as well substanciall, as nutrymentall of the bodye is great, groffer, and moze meate in fomer shuld be eate, if p nighte digestine coulde digest it: but bicause nature can not digest moche at ones, we muste eate a lyttell and ofte : as Balen fapthe. In Comer we must eate many tymes and lyttell, Et quibas bicaufe the body hath ofte nede, by reason of ofte femel ac. distolution. And al though lyttell meate chulde The teafo be eaten in the fomer, yet one may daynke moch, oughte to by reason of the great resolution and droughte cate lytell of the body: and the naturall heate of the bodye meate in excedeth the moulture therof: and manis than fommer. moze thyzitre than other tymes. But pet than one ought to dynke leffe wyne, specially if it be pure, for luche wyne dothe foone enflame, and causethe the naturall heate, augmented by the ardent heate of sommer to bourne: and therfoze he that well drinke wene in fomer, shuld mengle it well with water: and fozbeare olde and strong wone. Thyzolpe he faythe, that in Autunme we To moyd ought to be ware of frutes, specially of the same catinge of feafon, as grapes, peches, fpgges, and luche fruites in lpke: 02 at leaste to eate but lyttell of them, fo2 luche fruites engendze bloudde, that is apte to putrifie, by reason of humours and boyllynge that they make in the body, and specially if they be received in to an buclene ftomak of a cogrupt body, which for the mooft parte chanceth in Autunne. And so than yll and fylthye diseases are SINGS. en=

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Mafis ill. aiffi.ca.be erg.copps. Ceeundum bempus.

Sal.in can, bus femel. 26.

paour o

engendred, as the pockes and other peffilent fickenesses. Ind wytteth well, that in Autumne hunger and thyalte Choulde be eschewed, and to eate moche meate at one meale, as Ralis fapth. The wyne also that is donke in harueft, thulde be alaped with moche water, that it may moufte the bodge, and cole the heate, but not fo fuper= fluously alayde with water, as it is in sommer: noz to be dzonke fo superfluoully : foz by reason that nature is feble, it is not able to welde and digeste it : and to mache alayenge with water, distropeth naturall heate, and encreaseth bentofptes: wherby the colpcke is engendzed. fourth= lpe he faythe, that in wynter one mape eate as mache as he well, that is to lape, moze than in other feafons, after the mynde of Auicen. Ind Galen faythe. In wynter moche meate lepferlp aph. Er qui Quito be eaten. The reason is, bycause the heate of our body in wynter is ftrongeft bothe by reafon it is confeled to gether, and fortified by po: lition of his contrary, that is to lape, the colde: nes of the aper, enuironpinge our bodyes about. And this is berified in bigge bodies and flefhy, and not in bare and feble: foz on fuch bodies coldenes of wenter enclined, both not comfort with heate, but bothe make them moze feble : for in wenter as Pippocrates fapthe: bealps be hot: teft of nature, and Clepe mofte longe. Wherby it appereth, that the groffe noutythementes and harvelt of digeftion are moze holfome in topntet than

than in other featons, bycaufe the heate is from ger. But the wone that is donke in wonter, shulde be as ruddy as a rose, and not whyte, and alayed with a lyttell water. Here is to be noted, that all thoughe by the strengthe of heate, and vertue of digestio in wynter, the groffe a strong meates are more hollome, pet bicaule feafon is disposed to opilations and repletions, by reason of moche fleume, it were hollome to ble meane meates, betwene heup and lyghte, groffe and lubtile, as kydde, beale, mutton, pykes, perche, and creueffe. Ind they that ble groffer meates, as befe, pothe, benison, gottes fielhe, and suche lyke, shuld cate but one meale a day, ozels to ble meates laratine, as perfely, creffis, muftert, and suche ipke, and to ble great labour.

CSaluia cum ruta faciunt tibi pocula tuta. Adde role florem minuit potenter amorem.

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Here the aucto: descriueth.ii. remedies agapuft pll daynke. The fyafte is lage leaues. lage put in Herbes to the drinke, fordothe the hurte of it, and also holsome it comforteth the senowes and brapne, the whis put in to che comforted, dothe the better relifte the pll fu= drynke. mes, that of the pll dynke ascendbp there buto. The.ii. remedy is rewe, wherof if the holle leaues be put in to the dipuke, the vertue of it fozdothe the malyce of the daynke. And howe good and holfome rewe is agayuste poylon, it hath ben declared befoze at Allea, nux, ruta, &c. And this texte faythe, that to the two forlappe herbes we AB.it. map

Bute. in.

no agnys

thefea.

maye put the role flower. And this oughte specially to be understonde of a redde role, for the sweete smelle and stypticalness therof, amendeth the malyce of the drynke.

ENausea non poterit quem quexare marina Aurea cum uino mixtam si sumpserit illam.

A remedy for parbra mynge on the lea.

Here the auctour teacheth a remedy, howe they that are not accustomed to passe the see, mape a: nopde parbrakunge or spupnge. He that wyll passe the see, muste a fewe dayes befoze he take Apppyinge, myingle the fee water with his wine. This is a remedy for them that be cyche, but if it be a pooze manne, than he muste Danne fee water, that he mape eafelper eschewe spupnge. The reason hereof is, bycause the fee water is falte, and so with his faltnes and stipticite, that foloweth saltnes, it closeth the mouthe of the Stomake, and therby fozdoeth spuyng. And here is to be noted, that as Auicen fapth, a trauapler on the fee, thuld not moch go about to withftade or to forbeare parbrakynge or spuynge, at the begynnunge, but to bomite butyll he thynke hym felfe well pourged, for that prefecueth hym from many difeafes, and not onely preferuethe, but also healeth oz alleutatith greuous & greate difeafes, as lepze, dzopfey, paify, coldenes, and Iwellynge in the stomake. Thus fayth Aupcen. But in cafe that the traueiler on the fee fpete fo moche, that he therby is ryghte greatly febled, than he muste restrapne hym selfe by eatyuge of Aupti=

Bulc. ill . i. be reg. iter agentis in mari.

Butc. itt. f.

fliptical and lower fruite, as buripe fruite, crab bes fower pomgarnerdes, and fuche lyke, where with the mouthe of the stomake is comforted. and the humours expelled downe : and also the ftomake therwith is coforted, and the humours flowpinge there bitto by taking of the water, are dinen away. Diels we may take mufterte fede diped by the frie, and dinke it with wone, or wormewode mape be eaten or bronken, or a toffe wette in redolent wone is good to eate. And ge= nerally tarte meates be good for trauaplers on the fee, for they comforte the stomake, and pro= hybyte vapours and fumes that wolde ascende to the heede, as herbes fodde in byneger, og in the teufe of fower grapes.

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Esaluia, sal, uinum, piper, allea, petrocillium. Exhis fit salsa, nin sit commixio falsa.

Here the auctour teacheth bs to make a comon To make fauce if we lacke a better. And. b. thonges gooth a commo to the makpinge of this lauce. The fpall is lage, lauce. wher with we mape make faule for a goole volte or foode. for comonly a goofe or a prage coffed is stopped with fage, to dipe by the humpoites and clammones of them, and also because the flethe thuide finell somewhat therof, but pet af ter it is rolted, the lage wolde be caste awaye and not eaten. Lyke wyfe of faage bplandyfthe folke make a fauce to eate with a goofe: for they stampe fage and garlyke together, that the fage mape abate sommhat of the garlykes sauour. roters M.iii. The

The second thinge is, salte with wone, and this fauce is for tyche and noble men. for whan they wante musterte, or verieuse, they put wyne in a laucer, and myngle it with a lyttell faulte. The three thing is peper a fauce for uplandul folkes. for they myngle peper with beanes and peafon. Lyke wyfe of tofted breadde, with ale or wyne, and with peper they make a blacke fauce, as it were pappe, that is called pepper, and that they cafte byon they, meate, fleshe, and fyshe, The fourth is garlyke, wherof the bylandythe people make a fauce, for they myngle fofte chefe and inpike and frampe garlike together and fo they eate it with they meate, whether it be rofted or foode falte or freshe, a with harde enges. The. v.thing is perfly of parfly leaves framped with berieuse or whyte wone, is made a grene - lauce to eate with rofted meate. And here istabe noted, that fauce or fauces varve after the fea-Cons of the pere. for in hotte feafons, it muste bemade of colde thyinges, or of fluffe of lyttell heate, and in colde feafons contrarve wofe. Therfore fomer fauce shulde be berieuse, epfell, or byneaer, the tuce of lemmons, or of pommes garnades, with rose water, and suche tyke. And other whyle in fauces made in fommer, one map putte a lettell pellitorie and perflecto attempre the coldenes of the foresayde thrunges. But the mattier of the copetent fauces in wynter is mufterte, carloke, apnger, pepper, cynomum, gelofers 3(1) in. We

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loffers, garlyke , lage , montes, pelptorpe , and perfipe, wyne, water of fielihe, binegte not to stronge, but berpe nere to the nature of wone. and book And in meane lealons, & lauces thulve be mean, nepther to hotte noz to colde, Secondlye fauces differ by reason of the meates for whiche they be made: foz one mete will haue one fauce, an other meate an other fauce: as lozbes cokes knowe. Sauce for mutto, beale, a kpode is grene fauce, made in fomer with bynegar or berteufe, with a fewe spices, and without garlyke, otherwhyle with perlipe, whyte griger, and tofted breadde with byneger. In wynter the same sauces be made with many spyces, and a lyttell quantite of garlyke, and of the best wyne, and with a lyt= tell verteuse, or with musterte. Sauce for rolled befe is made with pepper, tofted breade; broth of fletthe a grapes. And the fame fauce is good in winter to eate with porke. Also porke in somer may be eaten with byneger and perfly at the be= gynnpnge of dytter. But in cafe that the forfaid meates be baked, and specially befe and pophe, and in winter, than ferue in a whyte opmon, and a smal quantite of swete spice beaten in pouder. But in fommer ferue it in without opnions, and with vericule, or els with a fewe small opnious. And if the pastes be made of moze tendze fiellhe a lyghter of digestion, than serue no opnions in therwith: but in sommer almon mylke with ver teule, and a lyttell blanche pouder: And aethe OUBC laste

ces for so dri meatis

laft pe may put therto, an egge broken with ber Dyuers teufe. But in winter in the ftede of berieufe take good fau: wyne, and moze fpyce. 200tth rofted rabbettes and chekpus fauce made with cynomume, crumes of breade, and with vericule in sommer feafon is holfome, and in wenter with wone. for rolled porke in wenter take of the dripping tempered with good wyne and opnyons: and in fommer take the grene fauce aboue named. for rolled fefantes, propons, aud turtpls, take none other lauce but laite. for boploe capons and cockes, take of the same broth with a lyttell blanche pouder. And namely in wenter if they be boyled with lage, Jope, and perfipe, this is good fauce; and in fommer, the brothe of the capon, and a lyttell vergis myngled together is a holfome fauce. for fatte capons and hennes ba= ked, ferue in none other fauce, but a fmall quan: tite of blanche pouder: and at the ende the aboue named grene fauce in fommer, and in wynter good wyne. But fylhe the groffer it is, the hat: der of digestion, the more superfluous, and motfter of nature, the moze it nedeth hotte fauces and harpe: and the fame rule is lyke wyfe true in all maner of fielthe.

> Esi fore uis fanus ablue fæpe manus Lotio polt mensam tibi confert munera bina Mundificat palmas, et lumina reddat acuta.

Pere the auctour teacheth. ii. holfome thonges p come by washinge of our handes after meate. The The fyifte is, the palme of our handes are muns dified. The.ii.is, our fyghte is Charped therby. and that is specially by accydens: for the handes be the instrumentes to clense the eyes: and it is epaht holfome for them to be mundified : where of we have fpoken befoze at Lumina mane manus.

CPanis non calidus, nec sit nimis inueteratus, Sed fermentatus, oculatus, fit coctus, Modice salitus, frugibus ualidis sit electus Non comedas crustam, coleram quia gignit adustam. Panis falfatus, fermentatus, bene coctus, Purus fit sanus, qui non ita fit tibi uanus.

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HOL uce

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In this texte.ti.thynges are touched or remem= bjed concernynge the chopce of bread. The frast is heate. for breade ought not to be eaten hotte. Hotte bread as Auicen fapth, is not conuenient But.it. cap. for mans nature: and bread that comethe hotte from the ouen is buhollome. The reason is, by cause it stoppethe moche. Ind agapne after he hot bread faythe: That hotte breadde caufeth thyzstynes, by reason that it is hotte: and it swymmethe in the stomake, by reason of his vapourous humi= dite: and is of quicke bygestyon, and descendeth flowely downe. And all thoughe that hotte breadde in the regiment of helthe be unhollome to eate : yet the smell therof is ryghte hollome: foz it reliueth one in a sowne: and it is possible, that some folkes mape lyue by the smell of newe breadde. The. ii. thynge is, we oughte not to eate breadde that is very stale, or mouldye: for **fuch**

Smile A. 680 and

SOMETH IN

breadder.

talbe parre.

sozum ca ii. V. propre tes of 200d breadde. Bul. li can. sa be pane.

fuche breadde is buholfome for the northement of mans nature: for it depeth the body, and engendzethe melancolpe humours: wherbpon it folowethe, that bread shulde not be to newe nor to stale, but a daye olde. farther this tert declareth. b. propretes of good breade. The friste Sa.t.alime is, hit must be well leuende, as Galen fapthe: The best breadde of digestron, is it that is bery wel levend, and baked in an oven that is heated with moderate frze. And agapne he faythe: Unleuende bread is holfome for no bodve. And after the monde of Auicen, Breadde made with lyttell leven nourytheth moche, but the northes mente therofis a Stopper, excepte they eate it. that labour moche. The.ii.thynge is, that bread ought to be lyghte, for therby it is knowen. that the clammones therof is goone, vet never the leffe this breade, after the monde of Auicen. is a swefte entrer, and of leffe and worfe northe: ment, as bread that is made of moche branne. The. iii. thynge is, that breadde oughte to be well baked: for bread that is pli baked, is of pll digestion, and engendzeth grefe in the stomake. And Aucen farth: That breade vil baked no= ryspeth bery moche, but the nourishement caus fethe opilatious, excepte they labour moche that cate it And bread baked on a ftone or in a panne is of the fame fallpon: fozit is never wel baked within. The, iiii. thonge is, that breadde oughte to be temperately falted. for breadde ouer fwete

is a stopper, and breadde ouer falte is a diver. But breadde moderately falted nouriffich beft, fo that it have the other condicions. The. b. thringe is, that breade shulde be made of the best grayne: that is to fap of the best wheate. 9902e ouer the auctour in this terte warneth bs to be: ware of cruftes eatinge, for they engende aduft coler or meloncolpe humours, by reason that they be burned and diperand therfore great efta tes, the whiche be coleryke of nature, cause the crustes aboue and benethe to be chypped away. wherfoze the pithe of the craine shuld be chofen, the whiche is of a greatter nourishemente than the cruste, pet not withstandynge the crustes are holfome for them that be holle, & haue they? fto= make morfte, and delyze to be leane, but they muste eate them after they have dyned. for they enforce the meate to discend downe, and coinfort the mouthe of the stomake. Farther in the two last verses is thewed, that good breadde oughte to have thefe, b. conditions, that is to lave, it muste be well salted, leuened, well baked, made of good clene come that is type gethered, bonde bp in theffe, and housed in due season. Ind here is to be noted, that if one delyze to nourishe his bodye, he muste haue his breadde made of pure flower, the branne cleane taken out, and he p befpzeth to be lener, muft leue fome branne therin. for branne nourisheth but lyttel, a buloseth the bealpe, and flower dothe contrarpe wyle.

A.ii.

EEst caro porcina sine uino peior ouina. Si tribuis uina, tunc est cibus medicina.

Here in this texte the auctour compacth pocke with mutton. If pocke be eaten without wone it is not so hollome as mutton, but if pocke be eaten with wone, it noureshethe beste, and is medycinable, for it mours that moche. And this is to be understande specially of rosted pygges a brawne well dyght. And here is to be noted, y pocke salted or dayed in the smoke, suche as men of the countrey vse, called bakon, is in no maner wyse so holsome as mutton, whether it be eaten with wone or no, but it is understande by rosted pocke, or pygge, or brawne, as is before sayd.

Here the auctour laythe, that hogge tripes be better than of other beaftes. The reason is, by-cause we eate fewe entrayles, excepte they be full of bloud, a of very fatte beaftes, as hogges be. Powe onely hogges bloudde, through the similitude of complexion to mans nature, is bludde of whiche the bowelles be fylled. And lyke wyse hogges be some fatte than any other beaftes. Therfore we eate rather the tripes and chytter-lynges of an hogge than of other beaftes.

Impedit urinam mustum, soluit cito uentrem.
Epatis infraxim splenis, generat lapidemq.

here the auctour thewethe. v. inconveniences, that brede of drynkynge of newe wyne or must. The frist is, that must lettethe the bryne: and this

this may be binderstande two waves. friste by reason that muste is thethe and groffe, it men= gleth with the dregges, and fo ftoppethe the lp= uer and the raynes, fo that the brine canne not efely haue courfe. Secondly it letteth the beine to have dewe cours, as repringthe muste dothe, and certapne other subtyle wones lyke wyfe. For there is some repnily the muste, of the which the lyes are mozdicant oz bytynge: and while it runneth in to the bladder, the erthy lyes therof do byte and parcke the bladder, and constrapne one to piffe contrary to the due ofder and manes that he was wont to do. The seconde is, it loseth the bealye, by reason that it scoureth the entray= les, and through Marpenes of the lpes, it price keth the guttes, and causeth the ordures to as uopde out: fyafte by reason that the lyes be moz= dycatyue, Secondly through ventolitie, whiche fuche wyne caufeth, And thyzdely by reason y it maketh the guttes Appay, by wave of undigetti= blenes a grefe of the Itomak, wherfore & fromak leufeth a openeth the wapes, that were shutte, The third inconcentence is, the muste hurteth the good coplexion of the louer : for it froppeth the lyuer through moche mynglyng of the lyes: a caufethe a difeafe in the liver called Diffenteria, throughe swellinge, wherby & lyuer is enfebled. Thus saythe Aucen. And thus it engendzethe de regimi an yll colour, and yll dyleales of the lyner, that ne aque et is to lave spyces of the dropsy. The.iiit. incoue= bink. P.iii. nience

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STREET

Flurres that come

of theter.

nience is, that must hurteth the folene and the disposition therof, throughe the same cause that it bothe the lyuer, for it Coppeth the Colene, and fo caufeth it to be harde. The. b. hurte is , that must engendzeth the stone: and specially that is in the repnes, whiche is couddre, and lyahtlye frangible, by reason of opilation, that it caufeth through the groffe substaunce therof. Ind this is certaine, if the mufte be of berp fwete mp nes, whose les be nothunge bytunge or Charpe. For must that bath sharpe and bringe lies, preferueth a man from the frone, for it maketh one to pylle often: lyke as some renythe muste both, p causeth sand or gravell to be sene in the brune: the whiche doth ofte puoke one to make water: whiche ofte makinge of water, walleth awaye the small gravel that cleueth to a mans raines, and to be anopoeth its and all and and

Potus aqua sumptus, sit edenti valde nocious Infeigidat fromachi, cibum nititur fore crudum.

Hartes by driking of Water.

Here are declared two hurtes, that come by drin that come konge of water. The fyzite is, dzinkpuge of wa= ter hurteth ones stomake that eatethe:by reason that water cooleth and leufeth the stomake, and speciallye it distroyethe the appetite. The. it. hurte is, deputyinge of water with meate letteth digestyon, for it maketh the meate that is than eaten to be rawiffe, after the mynde of Auicen. de regimi. Moz as Auteen saythe, mothe water Gulde not be dronke after meate. for it deupdeth the fto-.m.O make

comeditur,

make and the meate, and caufeth it to Twonine in the ftomake. And be faith: that whan nature Aufcen. ca. both digefte meate, and that fufficient quantite ne aque et of water be myngled therwith, than if we dzinke vint. moze water after that, it letteth berp moche the digestion that was begonne, And agapne Anis cen fapth: that dapnkpinge of water fhulde be ef auteen.ti. chewed, excepte it be to helpe the meate downe, can.tract. whan it flicketh oz discendethe Cowelpe. But with meate water thuld never be taken of bled. Auerrois in his coment theweth the reason, and farth: To dernke water bpon meate, makethe the fromake colde og it be throughe hotte: and maketh the meate rawpfhe, and alfo it caufeth the meate to Cwpmme in the Comake: and woll nat let it flicke fast there as it shuld couemently digeft. The operatio of the stomake is, to make a good myryon of thynges rescepted there in, and to digette them well. That done therefolo= weth an ozdinaric, and a naturall leparation of pure and bupute thyinges. And as a great quatite of water put in a potte flacketh the fithinge of the meate therin : lo tyke wyle it chanceth in the flomake, by dipulkyinge of moche water. But to dynke a lyttell quantite of coloe water with our meate, befoze it descende downe in to the stomake, is not forboode but alomable, specially if one be bery thy fty: for alpetell quatite of colde water, taken after the forlapde maner, easethe the stomake, and quencheth the thyaite. The

to supe on

Musicent. ii.

The colones of the water enforsethe the heate of mans body to descende to the very bottum of the flomake, and so fortifieth the digestio therof. Thus farthe Aucen. But wytteth well, that thoughe water be moze conuenient to quenche thrifte than wone: pet wone for a mans helth is moze hollome than water. And thoughe water bniuerfally quenche thyrfte better than wone. bycause it is colde and moyste, pet to make naturall and good commprion of meates, and to converge them to pertreme parties of mas body. wyne is better than water. for wyne throughe his subtile substance and operation, immalethe it selfe better with the meate, than water pothe: and nature deliteth moze in wone than in water: therfore the membres drawe when more fooner buto them, mynglynge it with the meate. This myrringe in this maneris as a boplyinge og fething of thynges together: which is greatbe holpe by the heate of the wyne: but the col denes of the water letteth it. So than it appereth, that wone in monglonge with meate, and dilatringe of the fame, is better than water, for wine, by reason that it is subtile of substace a of a vertuous hete, it is a merueilous percer. And so it foloweth, that wone dilateth or foreadethe moze than water, wherin is no bertuous heate, noz substance of aper noz fpze. farther, water is not fo holfome depnke as wone is : for water hyndzeth the nourysbement of the body: bp 2 1 211

by reason that it nourpsheth bery bettell or no: thonge at all: Sothat the more watrythe that the meate is, the leffe it nozpfheth. Therfore it is very holfome to dynke wone with our meate, mup to ma for wyne is a great and a speciall norphement and teltoratine, and nourpheth Twoftely, as it is aforelayde. Farther ye that binderstonde, that to deprike water with meate, is not onely hurtefull, but also in many other cases, which are de: clared of Auce. frust it is buholfome for a man to depnke faffynge, foz it perceth into the bodpe by all the principall membres therof, and it of aque et bini Stroyeth the naturall heate. This is of crouthe, if onethat is truely fastyinge dipukett. Butpf a djonken man bypnke it fallynge, it bothe not hurte hom : for a dronkerde fallpinge is not bt= terly faltynge, his stomake is not vacande, but Communat remarketh of the other dayes ingur genge. And the dankenge of water in the moz npinge booth wathe the ftomake, and represent the bapours and fumes, and disposeth it to recepue newe fuftmance. The.it, burte is to Dinke water after great labour and trauaple: and like wyle after the fleshelpe acte, betwene man and woman, for than the poores of the body be bery open, wherby the water entrethe into the bot tum of the membres, and mortifieth the natural heate. whiche heate also after the flesshelpe acte is weaked. The.iti. inconvenience is, to daynke water after bapnynge, specyally of one bapne Sunt P bym

.6 .0 mmi 1 et ce. vienze.

Zalc . il . l. ca. De regf.

Au.6.'quar ti luma.2. ca. blemo.

imple et bron

hom faltunge: for than the cundytes and pallages of the body be very open : wherfage the water entryinge in to them hurteth moche, as is afoze fapde. And Aupcen fapthe: That it is to be feared, leaft ogpikonge of water fastynge, after baynynge, and after carnall copulation. Butbe corrupte the complection, and brede the propfe. Fourthelp it is hurtfull to depnke colde water to quenche fepned thyzite, in the nyghte, as it chanceth to furfetters and dronkerdes. for by daynkynge of colde water, the refolution and ofgelti on of falte humours is prohibited. But in cafe that one be fo exceoninge thyiffye, that neps ther the coldenes of brethpinge, 1102 walhpinge of his mouth with colde water canne fuffice, than let hom danke colde water, out of a cuppe that bath a narowe mouth, or elles fropping that the water may more flowely come buto the brimme of the stomake, for foo it shall beste quenche his thrifte, and leffe therof that be bronke, and than it Chall not beterly diftrope digeftion . fyftely it is generally pl for holle folkes to drinke much colde water, for it quencheth naturall heate, it greueth the breafte, and marreth the appetite of the stomake, a is very hurteful to all the senowy membres, pet neuer the leffe water that is tem= perately colde, both fointpme per accidence, fere one to have an appetite, and maketh the flomak Bronge, in helppinge, openpinge, and clenfpinge the wayes therof.

Sunt

CSunt nutrative multum carnes vituline.

Here the auctour faith, that beate noziffeth berp moche. And this Aucen affrymethe, favenge, that meate that consecueth helthe must be suche as the flethe is. for they are of loke nature, and very apte to be connected in to bloud : and fpe= ciallye kyode, ponge fuckynge calues, and perelynge lammes. And Galen faythe, that toffed beale of. vi. oz. viii. wekes olde, is more holfome than mutton, and it is foone bigefted, and no= Veale. epshethe very moche. And of these fleshes we haue spoken befoze.

Balen, ttf . alimen. The beste

State B. Lott

Csunt bona gallina, capo, turtur, sturna columba. Quilcula uel merula, phalianus, ethigoneta. Perdix, frigellus, orex, tremulas, amarellus.

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Here the auctour Meweth what wylde foule are The beste most hollome to eate, to noury the mans nature. foules to The nombre of them is. riit. The fyzite is an cate. henne: the whiche is very holfome to eate. for Haly, Auensoarte, and Mesue say, that the best flethe of poultrye is an houne, that never laved, and of a cocke, that never trad henne. for thep without superfluite are some turned in to blond. theyz'propreters to tempre mans complexion: and they brothe is the best medicine that can be for lepers. And Galen saythe, that the fleshe of Gal.ii.cam. ponge poullettes augmenteth intellection, & cle = ms & gallo. reth & voice, and encreseth the sede of generatio. The. it. 13 a capon, the fleshe wherof Consiliator Constitutos nombjeth amonge the moofte holfome fleshes, pom quel.

And D.ii.

Mpi.ff. can. ea.be carne

Raffs tit. alth.

2023. N. Faith

ANIDE TE LET

Unit

distinct in

moundles.

And these fieldes with the other afore sappe, the Romake of his properte doth digefte. The . iit . is a turtylle, whiche also nouryshethe well, and engendzeth good bloud. 300 herof Auten fapth. There is no foules flefhe better than a turtylles or a hennes nor more fubtyle. But pet they nous tyfhe not foomoche as the pertryche. The. titt. after the opinion of some is a stare. This bride Chuld be eate ponge. Some other call this foule Starna, the whiche Ralis prayleth about all other foules, sayenge: A sterlynges stellhe is lyghtest of all other foules. A holfome for them that wyll kepe, a sklender dyete, and by this maye be bnderstande a greater foule, as a grepe goofe, wherof the fleshe is ryghte commendable, and specyallye whan it is ronge. And on this wyse or allo Almanf. binderftandeth, preferrynge this felthe befoze other. Dzelles by a ftare mare be bnoetstade certepne smal vertriches: wherof Doyles semeth to biderstande, where he saythe to the Tewes: Loke wefe flares are buholfome fozour kynge, for they constreyne and indurate y bealp. And this properte some ascribe buto pertriches. for they fleshe, as Kalis farth, dothe bynde the bealpe. The.b. is a doue, wherof the flesshe is colerpeke. 300 hich, as Basis sayth, is excedyinge hotte:the whiche engendzeth bloudde feruently hotte, and lyghtelye engendzeth the aque. And therfore propons be better baked with fower grapes, than rofted. for by the fower grapes, the

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the heate, engendred in the bloude, is alarde, And the yonge pigpons, redy to flee, be the most bolsome to eate, for suche be of lyght bygestyon and of better humour, for the ponge prapons, not able to flee, are superfluousipe hotte, and mopft: wherby they engedze groffe humours, as Aucen farth. But olde prapons, for they ouer Buill, can. great heate, drought, and difficulte of digeftio, are to be eschemed. And loke wose olde turtyls, The. bi. is a quaple. Some doctours lave, that a quaple is of lyght substance, and engendzeth good bloud : a is very holome for hole folkes. But after the mynde of Ilaac, quailes are woife than any other wylde foules, no, they are not to be prepled, neyther for they nourishemente nor for digeltion. for through eating of their flelle, the crampe is to be feared, as Aucen faythe. And he farth, the reason is in the substaunce of they? flesche, that they engenoze the crampe. And for this cause freche men bake a eate quay= les with foste butterpe chese, yet by the quaple map be biderstande an other brid, a lyttel moze than the foresayde pertriche, of the same colour, with redde fete and bylle, of a delicious fauour. And on this wpfe Kalis taketh a quaple, whan he preferreth the flesshe therof about the flesshe of a state, and all other foules. The. bit. is an ofell: whiche lyke wyfe Quide be caten ponge. The, bitt. is a phesande: whiche of all phisitions is nombred for one of the beatte flethes. For flethe D.iii.

capi . De co: lumbis.

Buf.ff. cam. ca, de'cor.

Esal, Malti-

fleshe of that foule is mooste holsome formans nature: and it is meate for princes and areate estates. Confiliator sapthe, that the write fesant is best both for helth and strength. And also per= auenture bupuerfallpe, for as moche as thep be bery lyke buto hennes, and welnere of the fame Chappe. And they be duct of aver and of fedyng. and larger of exercple. The. ir. is a wodcocke, the felhe of this byide is specially e holsome.

Bui.fl. can. cauf. De cu: bigine.

Bal.fit.ali: mentozum cap. rbii. et gemo ca.il.

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The.r. is a partryche, whose fielhe, as Auteen farthe, is lubtrle, and a great fatter, it scoureth awaye the deopfye, and comforteth the stomake. and also augmenteth carnall luft. pet neuer the leffe it is a bynder. And this fielihe Galen pre= ferreth aboue all other. And it is layde, that cu= rout joe in ftomable eatringe of this flethe, comforteth the memozpe. The ri is a ruddocke, called robyn red breaft, it eateth grapes, and fleeth fwpftely. as a flace Dothe, but it nourifleth better than a stare dothe, and they haunte moche about the bines, and they be dronke by eating of grapes. a they be best i feafon to eate about al Balomas The. rii. is Orex, whiche as some sape is a fesant benne, and as some sape a moze home: whether it be a phesant henne or a more henne, the fleshe is of good nouryshement. The, rill, is a byide called Tremulus, whiche byide commonlye aby= Dethe nere the see cooste, and is lesse in quantite than a henne, a ruffet of colour, it cryeth lowde, A fleeth swyftely, and whan it plumeth boon the erthe

erthe g taple waggeth ftpl, a therfore it is called Tremulus, and bppon the heed thereof growethe loge fethers. It is not the same byzde the whiche is vulgarly called a wagge tayle. The. riii. and lafte, is Amarellus, whiche also is a water foule, lyke buto a ducke, but it is leffe. And to speake generallye, amonge foules to eate, they be best prevsed, that be swyfter in flyghte. And as the flethe of the forelayd foules are of a com= mendable nourishement, and of easy digestyon: so lyke wyse the fleshe of some foules is of a dyscommendable nourishement, and harde to dya geste, and of bnegall complexion, as the flesche of geele, pecockes, and malardes, and bnyuer= fally of all foules that have longe neckes, longe bylles, and lyue voon the water. And so is the fleshe of sparowes, whiche are ercedynge hotte, and butemperate, and fterethe to bodely lufte. But touchynge the election of foules fleshe, pe Chall understand, that they? naturall northying muste be considered, that is whether they be re-Aozatyue, lyght of digettion, lyght of fubstance, of of lubtile operation, and fo after their dyners propertes to prepfe them. Wherfore Galen behologing the easy alteration and subtilitie of pertriches fleche, preferreth them. But Balis with Flaac, confedering the subtyltte and lyghtenes of the stare, prepseth that beste. Isaac also after the divers intetions of wylde foules fleshe prep= feth divers. Auicen comendeth the turtyls flethe aboug

aboue other, eyther haupinge respecte to the property, wherey it strengthethe and comfortethe a mans understondynge, or els in the countre of Araby, where Aupcen was borne, turtylles are better than in other countreys. Farther witteth well, that the flesshe of foules is more holsome, than of iii. legged beastes, for them that foraske labour, and grue them to study and contemplation, for it is somer digested, as Galen saythe pet this fleshe of foules is somer digested than of beastes, and specially of perturches, whiche engendeth clene and pure bloudde, that is dispossed to augment and to sharpe the operations of the brayne, the whiche is mans understanding, cogitation, and memorye.

Esipisces molles sunt, magno corpore tolle. Si pisces duri, parui sunt plus ualituri.

This texte teacheth vs.ii. knowleges touching the cho yee of fylhe. For eyther fylhe is harde or softe: if it be softe, than the elder is the better. The reason is, for softenes cometh of humidite, the whiche is more digested in olde fylhe than in yonge: I so whan suche fyshes be yonge, they engedre moch more fleume that whan they be olde. And so it appereth, that an olde yele is holsomer than a yonge, as some saye. But yf suche fyshe be harde, than it is holsomer yonge, that is to say, it is soner digested, as pykes a perches be: for the hardnes resysteth digestion. For Auten sayth. Of harde syshes take the smallest and of softe

Sale. H.ca. de piscibus

Balen, itt .

alimen.

efphes, chose the greattest. It will be the

Lucius et parca, saxaulus, et albica, teuca.
Gurnus, plagicia, cum carpa, galbio, truca.

Here are reherfed.r. soztes of fishes that be very holsome for mans body. The furt is a pike called the tyranne of fushes. For he not only deuou reth fushes of other kunde, but also of his owne kunde. On whome these verses were made.

Lucius est piscis rex et tyrannus aquarum. A quo non differt Lucius iste parum.

The fushe of a pyke is harde, aa pyke is swyfte in swymmpnge. The. ii. is a perche dyzined of this berbe parco, parcis, to fozbeare of to spare, by a cleane contrarpe fence, for a perche spareth no foshe, but woundeth other fyshes with his fyn= nes on his backe, nor a pyke dare not benture bpon a perche, but as Albertus fapth, there is a naturall amite betwene the perche and the pike. for if the pyke be ones hurte of an other fple. he is healed with greate difficulte. And whan he is hurte, he goth buto the perche, the whiche Cemge him hurte toucheth a fucketh his woud, and fo the pike is healed againe. And the perche is lyke wyfe an harde fyshe. The thyzde is a fee fythe called a fole, which is a special good fishe, The.iii.is a whytynge. The tyfte is a tenche, whiche is a frethe water folhe, and the fkynne therof is Apperpe and Aympe, and some what blacke, and the meate therof is harde. 300 han fo euer one well deffe a pyke, a perche, oz a tenche, be diminition.

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be muste take the skynne awaye. The. bt. is Gurnus, whiche is a fee fpffhe. This fpffhe is as great in quantite, as halfe a mannes inpodelle fynger, the which is eate with p heed a fynnes. The. bit. is a playce. The. biti. is a carpe, a freshe water foshe, the whiche is mache some: but great effates have them fodde in wyne, and so the Apmynesse is done awaye. The. ic. is a rochette, a see fysshe, and it is a fysibe of harde meate & holfome, Some other tertes have gouio that is a goven, whiche is a very hollome folhe. The.r. is a troute, the whiche in eatynge is lyke famon, and pet it is no famon, it is longe and not groffe, it is taken in great ryners, and wyll fuffre it selfe to be rubbed a clawed bepnge in \$ water, a fo it is taken, a therof pastpes be made with sprees, and it is a regitte depute fesse. And touchonge the choose of fosse, ve shall for buderstande, that fysse, if it be compared to fleshe, is of lesse nourishemente, and is lyahter of digestion, and the nourpshement therof is ful of fleumatike superfluities, colde and moyste, and they be hardly bygelted, and abyde longe in the stomacke. And by reason that the stomacke laboreth in the digellyinge of theym, and that o= ther whole they be corrupted in the flomacke, they recepue a certapne putrified qualitie, a engendre thyiltynes. And luxely the norythement of holfome felhe is better than of fplhe. Secon= dipe writeth well, that fee frsihe is bester in the regimet

regiment of helthe, than other of the same soate that is taken in freshe water. for thep: nozishe= ment is not so superfluous, and is moze nere to the nature of fiellhe. But bycaule fee fpffhe is harder than other of the same forte, that is taken i frelhe water: therfoze it is of a moze difficultie in digestion, and of a moze pure nourpshement. pet notwithstandynge, freshe water fyshe is hol= lomer for lycke folkes, by reason of they; feble digestyon. Thyzoely, fyshe as well of salte water as freshe, Quide be chosen, the whiche whan it is deled is wayte and not clamp, & is berttell, & fyfic. not very groffe, it muste hauea good sauour, that both not foone putrifie, and a good colour, nozit may not be bredde in lakes or condes, noz in fplthpe places, nozin water, wherin groweth pll wedes. And they ought not to be to olde no; to ponge, they Quide be swyfte of mourng, and of finalle clammpshenes . And if it be fee fyshe, be must chose suche as is take in rpuers a good way from the fee, and suche as have the other foresapoe conditions. And the more skalpe that tothe is, the better it is : and it is lyke wyle bn= derstande by the fynnes. for many fynnes and skales, betoken the purenes of & filles substace. Also amonge the see fyshe, they be the beste that be bred in the depett water, the whiche ebbeth & floowethe. And therfoze the fyshe that is taken in the north fee, that is more furginge, and more tempekuous, and moze swyfte in ebbynge and 19.ii. flowing

Codicyos ofgood

flowpinge, is better than the fpshe that is taken in the deed or the fouth fee. And pe shal lyke wife bnderstande of freshe water fishe. for fishe bied in depe water, is better than other of the fame forte bredde in Chalowe waters, a lytel broukes. And by this may sufficiently be knowen, whiche fpshe shulde be chosen, and whiche shulde not. for bealtial folhe as the fee swone, doggefishe. and dolphyn are buholfome in the regimente of helth. for they be harde of digestion, and of su: perfluous humours. Por in the meate of the foresand fushes, the above nombred conditions apperenot, as whitenes, subtiltie, a suche other. And if those folhes and suche loke chaunce to be eaten, they (hulde not be fodde as foone as they betaken, but they shulde be kepte a fewe dayes after: tyll tyme the meate of them mollyfie, and ware tender, without corruptinge of they? fub= stance. And also the forland filles be better a lit tell comed with falte than frethe, og brterly falt. And among all fee fpshe, the forfapd condicions conspoered, the rochet and gurnarde seme to be most holfome. For they meate and substance is mooffe pure, and nerte to them is a playce and a fole. But & meate of those two is moze clampe. lesse frangible, lesse whyte, moze grosse, and leffe subtyle: Por the sauour or smell is not so delicyous, and perchance the whytinge is more comendable than the rochet. It is not so groffe and clammy, as a playce and a fole, a the meate therof

therof is frangeble inoughe, but therelesse, finelle, colour, purenes of fubstance, and mobylpte conspoered, it is not soo good as a'rochet and gurnard: And lpke tople pe fhal buderffand of hearynge: and the fpshe called morus, bepinge ronge mough, draweth nece the forefayd fythes in goodnes, fo that it hauethe about fayde condicions : pet it is groffer and moze clammy than the forefande folhes. But falmon, tourbut, and mackerelle, be not fo good: for they be moche groffer, moze clammy, harder of digeftion, and fuller of superflute. Therfore they be only hol= fome for labourers and ponge folkes of ftronge complection: and they; clampnes, groffenes, and coldenes, may be take away with certein fauces. Amonge freshe water folhe (the fozeland condps tions conspoered) the perche and pycke are the best, so that they be fatte: and nexte to them are the vendofies, and than lopfters. And thoughe the perche be moze Chalpe than the afoze fayde fylhes, yet the meate therof is as whyte, franapple, and subtyle, as the pyke and carpe; and it is ofte founde in pondes. And bniuerfallpe, the best freshe water fyshe of the same soute, is it that is taken in water that is stongs in the bot= tum, rounnpuge northe warde, depe, and labo= rynge moche, where buto rounneth no bideurs of cytes: and wherin no wedes growe. Creueces both of the fee and epuers, are moche nutratine, nor they do nat lyghtly corrupt pftomake: but 10.III. 是中国经

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Eatyug of fifth: good and badde but they be hatde of digestion. Farther moze note, that freshe tyshe both mouste the body, and encreace mplke and febe of generation : and is very hollome for colerike folkes. And after gret trauaple og moche labour, we Goulde not eate fphe, for than it sone corrupteth in the flomake. And they that have a weake fromake, or full of pl humours, ought to be ware of eating of fife. ABoze ouer, groffe fishe, comed with a lettel falt, is better than freshe fplihe. And filibe of longe tome saltonge is buholsome. And fysich a fleshe together thuld not be eaten:noz fothe and white meates:noz filhe fhulde not be eaten after other meates. Also fpshe a lyttell salted, and in smalle quantite taken, is holfome : it sterethe by the appetpte, and fogtpfpethe it, if one haue an ap= petite therto. des and

CVocibus auguille praue sunt, si comedantur.
Qui phisicam non ignorant hac testificantar.
Caleus auguilla nimis obsunt si comedantur.
Ni tusepe bibas, et rebibendo bibas.

The auctour sayth here, that the yele is an baholsome fyshe, and specially it hurteth & vorce.
And this he prouethe by the sayenge of physytions, and kudentes of natural physosophye.
The reason is, bycause an yele is a simple syshe,
clammye, and specyally a stopper and it wanteth much of the conditions of good sishe before
spoken. And this that is sayde by an yele, mape
be bindersande of sampreys: all thoughe sampreys

preps be a lettell hollomer than peles, and leffe teoperdoufe, for that they be not fo clammy and so groffe as peles be. And thoughe thefe fythes be delpepous in talte, pet they be very perillous: for they, generation in the water, is lyke the generation of ferpentes on the erthe . wherfore it is to be dowted lefte they be benomous, and therfore the heedes and taples, in whiche the benome is wonte to be, and lyke wyfe the Aryuge within, shuld in no wyle be eaten. Also it is good to plunge theymalpue in good wyne, to take a= way they? clammynes, and lette theym lye figle therin tylle they be deed, and than lette them be byghte with galentyne made of the best spyces, as greate estates cokes are wont to do vet it is good to parbople them twple before in wine and water: and that broth done away, to fethe them through, and to make galentyne for them orels to bake them, or free them in grene sauce with stronge spyces, and a lyttell good wyne in wynster, and in sommer to dresse theym with a lyttell wone, verieule, and bineger, but he that can foz= beare these two fillies both best. Farther the text farth, that chefe a poles do hurte moche, if they be eaten, and this is to be biderstonde, if ye eate great quantitie therof. The cause of chese is be= toze Mewed at perfica, poma. &c. And of peles here nowe before. It foloweth in the texte, that if those thynges be taken with ofte daynkynge of wone, they, hurtefulnes is amended: and this SUMME Muld

quide not be understond of subtile and percent wine, not of wine that is gruen in way of drinke conduct pue for suche wone shulde not be gruen bpon meate, the whiche meate engendrethe pll humouts, whan it is eaten : noz befoze, noz af= Buic. iii. i. ter it is digested, as Aucen saythe: forthan aque et vini suche wyne enduceth greate hurte, foz it caufeth pll humours that are engendeed of that depute, to entre in to the extreme parties of the bodye: which peraducture were not able to entre with out helpe and leadynge of the wyne. But this is to be biderstande of stronge wyne, not greately percenge, ofte and in small quantite gruen, to thentent to myste the meate to gether: for such wyne dothe alaye the malyce of the meate, and comfortethe digestion, and directethe the fleumatike colde humours, wherfore it helpethe the digestion of chefe and veles, whiche are of pl Diaestion. criteria, or error them is

ca. be regi.

Inter prandendum sit'sepe parumg; bibendum. Si sumas ouum, molle sit atq nouum.

here the auctour toucheth.ii.thpnges. The first is that one at opner and supper shulde eate well and danke ofte and a lyttell at ones. And not to Do as a brute beafte doth, that eateth his fulle of meate, and dynketh afterwarde. for the better the daynke is myngled with the meate, the soner the meate is mollyfyed, and the moze capace of digestion. And here is to be noted & there is tit. maner of dynkynges. The friste is hit, that aludi mpil=

myngleth the meate to gether: The. ii. is it that bilateth. The. iit. is it, that quencheth threfte. The fyzite that we lyake of, is to be binderstand of depuke monaled with our meate, though we be not thy Aty. Thus we ought to dynke eue as we have eate a lyttel. for ercept a better reason, I fave we mare not abyde toll the meales ende, noz tyll we be a thyzite. And this maner of dzyn= kynge is speciallye good for them that feede on meate that is actually daye : as appereth by licke folkes, that eate dire breadde. But suche as be in good tempre, shoulde not drynke to quenche their thirst tyl the meales ende: for than cometh the true thirst, by reason that the meate is hotte and drie. It is not very reasonable, that thust & hunger shulde assaile bs both together: for they are of contrary appetite. And thus one houlde daynke after as the thyalt is, moze or leffe. Dain= kynge dilatyue is mooft conueniente after the fpifte dygestion regularlye, and a lyttell before we take other meate. And this maner of dapn= kynge is hollome, whan the meates before take be groffe in substaunce: Poz thus to daynke, we maye not tary tyll we be thyaftye. for this dayn= kyinge prepareth the stomake to recepue other meate, and causethe the meate that is digested to departe frome the fromake to the lyuer: noz this depukyinge thulde not be in great quantite, to thende it mare be soone Digested. for before it be digested, it goeth not buto the lyuer. And

this is of trouth, excepte suche danke vilatpue be water, in whiche one muste nat tarpe tyll di= gestion befoze it come to the liver. But regular= lpe conueniente danke dilatque or permpripue, ought to be wyne, ale, bere, spoer, prep, or suche lyke, but wone is best: Secondlye, the arosser. diper, and colder the meate is, the stronger the davnke permyrtyue and dilatyne (houlde be. And contrarpe wyle, the hotter, subtyler, and mopster the meate is, the weaker the dypnke permyrtyue and dilatine shulde be. more subtyle, hotte, and dicestible the meate is. the weaker the daynke or wyne oughte to be. Wherfore one oughte to drynke Aronger wyne with befe, then with chykens, and stronger wine with fyshe than with fleshe. The. ii. doctrine is, that if we will eate an egge, hit muste be rere rostedde and newe. The cause thereof is before Mewedde.

C Pisag; laudare decreuimus ac reprobare. Pellibus ablatis sunt bon a pulsa satis, Sunt inflatiua cum pellibus atos no ciua.

Here the auctour laythe, that pealon some wave be hollome, and some wave unhollome. They be hollome to eate whan the huskes be take away, for if they be eaten in the huskes, they enflate. And therfor it is not artificiall to eate theym in the huskes, for the nature of hwithin and huse kes disagre. The one laboreth to be losed and to go out: the other withstandeth, and by ndeth, as Alaac

Maac layth. Wherfore they cause roumblynge, gnawynge, and inflation in the bealy, And peafen doo nat this alonelye, but also all poulce, as beanes, chyches, chestons, and suche lyke. And specially suche as have moche huske, as beanes and blacke tyce. Also the hulke of them all nozi= Meth worse than the pythe within. And here is to be noted, there is a maner of whote rounde pelen: wherof the cod is very final and thynne: and one maye eate thefe peafen with the hufke, more furely than other, al though it were better to hulle them. And all be it that the reason afore fayde is trewe touchynge all poulce, pet pe shall bnderstande, that the hulles of grene pulce is leffe, and leffe dyuctspte is betwene the huskes and the puthe within, and more easye to digeste: And therfore some say they be more holsome for folkes in helthe: but it is nat fo, for grene pulce is of tyght greatte superfluitie and corruptyble substace, wherfoze they be lesse hollom for holle folkes. And note this for a treuth, that dry pulce if p btter huske be taken away, is moze holsome tha grene: but grene is better than der buhulled Farther, the substance of all poulce is inflatque and harde of digettion: and their pl nozythemet is buholsome in the regiment of helthe: but the broth of them is hollome. For the broth maketh the bealye laratyue, and maketh one pyffe, and bultoppeth the beynes. Wherefoze it is hollome at fuch tymes as folkis ble groffe and opilative D.it. meates.

mylic.

meates, as on fastyinge dayes. for this broth or pottage conveniently emade, is not so hurtefull as the substance: therin is no inflaspon.noz diffyculte of nozyshement oz digestion. This broth is made on this wyfe. The tyce or peafen muste be larde in warme water, and therin to be all to rubbed with ones handes a good whyle: and after in the foresayd water shuld be tempred all the night: a therin the nexte nighte folowinge to be boyled twyle or theyle, and than dyahte. and so reserved. And whan the house of owner drawethenere, to dresse it with conomum and fastron, and a lyttell courtly wone put therto: and than boyle it ones, and so eate it'at the be= grunninge of dyner or foupper. And the broth or potage of tyce and of rounde whyte peafon is very holfome and frendly to mans nature: and lyke wyfe they? fubstance.

CLacethicis sanum, caprinum post camelinum. Ac nutritiuum plus omnibus est asininum. Plus nutritiuum, uaccinum sit et ouinum. Sifebriat caput et doleat, non est bene sanum.

mylke.

Aut.ii. can. ca. de lacte. @.I.4.tract remoj. me: Dic. humect ethicos.

To chose Pere the auctour teacheth bs certepne testons to chose mplke. Fraft gootes mplke is holsome for them that be in a confumption, or be leane, or that have a confumping ague. And Auice farth, that gootes mylke and affes mylke is good for iii.capit.de them that be in a confumption. By reason that gootes mplke is temperate, & nozifieth moche. And nexte to this is camelles milke. Ho; that is Subtyle

fubtyle, bery wattrythe, and moylt, and by reafon that it is verye morfte, it nourrshethe but lyttell:and therfoze it is not fo holfome for them as gootes mylke is: yet this camelles mylke, newelpe after folynge, is holfome for them that haue the daopfpe, and for theym that haue any opleafe in the lyuer: for it remineth the lyuer, as Auten faythe. Secondlye he faythe, that affes aut. it. can. mplke is moste hollome foz dzye folkes in a con= ca. De lacte. fumption. This is of trouth, if pe will compare alles mylke, with mylke of other brute beatles: for it enclyneth to coldenes and humpoitie, and is subtyle and sooner entreth, and more sowely contelethe, thanne the mylke of any other brute beafte, as Galen faythe. The fame faythe Aui- Galen bt. cen, and that after womans mylke, there is none be ingenio, to affes mylke. And he faythe, if any helpe the cap. vil. feuer ethycke, it is affes mylke: yet to compare affes mylke with womans mylke, it is not foo hollome. for womans mplke taken by luckyng, is moste holfome, as Auteen saythe. By reason auten-i. that womans mylke is colde, moulte, and moze quar. loco lpke to mans nature, it entreth more Swpftely, prealleg. and is digested more sooner, a norpsheth better. And this mplke to be gruen to them that be in a consumption, shulde be mylked as nere the pa: cientes beddes lide as is pollible, and forth with to mynystre it buto hym, lest the aper corrupt it. And here is to be noted, that in some casis, sower or butter mylke is better for folkes in a colump: D. iii.

tion than womans mylke or affes. Fyrite whan by this feuer ethicke, they be caste in a laske. The. ti. is whather suspecte coaquiation of the milke in the stomake, either by vehement heate of the feuer, ozels bycause the stomake of it selfe is colerpcke, the milke houlde tourne to coler. The .itt. is, whan the ethycke feuer is coupled with a putrified feuer: specially whan there be nat many opplations in the interpour partes. for sower mylke restreineth the bealy, and both nat lyahtly turne in to coler, for the butternesse of it is goone: whereby the mylke dothe lyahtly enflame: nozin a putrpfped feuer it is nat foone putrified. The.iii . if & ftomake be foule, mplke dothe lyahtly corupte therin. The . b. is, whan he that hath the ethycke dysease, abhorrethe the Dulce and cleane milke, but nat the fower or but= ter mylk. The . iii . lesson is , that cowe mylke, and thepes mplke are more nutrativue, for they ca. De lacte. be fatter and groffer then other, as Auicen farth. And all those beastes mylke, that in bypngynge forth their youge, cotinue longer tha a woman, is unbolsome, but the mylke of those, that bare egally with woman, is most holfome, as cowe Bac. H.ali: mylke. But Rafis faythe: that the come mylke is the arosseste mylke that any beaste apuethe: and therfore hit is holfomer than any other, for them that delyze to be fatte. The. iiii . leffon is. that mylk hurtethe theym that have the aque. or the head ache. The cause why is afore shewed

Mulc. U .ca.

mentozum ca. be lacte at Persica poma.&c.

Lenit et humectat, soluit sine febre butirum.

Here the auctor theweth thre propretesof butter. The fyzite is, butter mollyfyeth the bealpe, and, batter. makethe it Apperpe, by reason that it is oplye. The .it. is, that butter is moyte, fo; hit is made of the best parties of the mplke, wherfore it must nedes be morft, ferng that the niglke is morfte, wherof it is made. The thirde is, that it leusethe the bealpe, and that is by the Apppeares that it causethe in the guttes. These thre propretes Aupcen reherceth. And thefe thre propretes but ter enduceth in a bodye, that is not licke of a fe= uer: foz it hurteth theym that haue an ague, by reason that p buctuospte of the butter augmen= tethe the heate of the feuer. And all be hit that butter causethe the forsayde propretes : pet by reason that hit is ouer moyste, and buctuouse, ca. de butte hit is buhollome in the wave of meate, and spe= to. cially e to eate moche therof. Foz hit engendzeth lothsomnes, and maketh the meate to swymme aboute the bypnime of the stomake: and larethe the bealye out of measure, and prouoketh one to bompte. Therfoze butter shulde in no wyse as meate be eaten in greate quantite, and specially hit huld nat be eaten after other meate: but to ble it with other meate, it is very hollome.

Incidit atq lauat, penetrat, mundat quoq ferum. Pere thauctour Meweth.iii. propertes of whey. The pro-The fyzit is, hit is incysque of subtyle. The . ti. precies of

Thre pro

it VVhey.

Balis iii. aim.

it is walhynge or scourginge. The third is persynge, whiche properte procedeth of the fyrite. But.it. can. The fourth is, it clenfeth og pourgeth . Auycen ca. de lacte. recytyinge these propertes saythe: That whey is fubtiliatrue, walhynge and leufinge, and therin is no mozdication. Ralis layth, that whey both expelle ruddye coler, Ckabbes, and puthes, and also pympuls in the face, and also it is holsome for theym that have the tanders, and for theym that be dissempered by to moche daynkynge of wyne.

> Caseus est frigidus, stipans, groffus, quoq durus. Caseus et panis bonus est cibus hic bene sanis. Si non funt sani, tunc hunc non jungito pani.

Zui fi. can.

Foure pro Pere the auctour recyteth.iii.pzonzetes of chefe. perties of The fyzit is: that chese is naturally colde. And this is to be biderstonde of grene chese, the which is colde and moult, and not of olde chefe. the whiche is hotte and daye: as Auteen faythe. ca. de caseo De elles it maye be buderstonde by chese, that cruddeth onely of & mylke without mynglynge of any other thynge, for there is some chese na= turally hotte, that heateth the stomake, a biteth the tonge by mynglynge of other thynges there with, as some chese that is grene in coloure, of whiche if one eate moche in quantitie, it doothe heate a enflame the body. The seconde proprete is, that chefe maketh one coffyfe, and this is of trouthe, specially if it be harde, and made with moch renles. The third propretie is, that al chefe

ingendzeth grosse humours: foz al chese is made of the grosser and moze erthy parte of the milke. The . iii. proprete is, that milke byndethe the wombe, and this and the. ii. is all one. Farther the texte sayth: that though chese, that is eaten alone, be unholsome, by reason that it causethe yll digestion: yet if one eate a lyttel courtly with breadde, it shall digest with the breadde, and nat other wyse: And this is of trouth, if holle folkes and nat sycke eate hit. we spake before of chese at Nutrit et impinguat &c.

Ignari medici me dicunt esse nociuum.

Sed tamen ignorant cur nocumenta teram.

Languenti stomacho caseus addit opem
Si post sumatur terminat ille dapes.

Qui philicam non ignorant hæc testissicantur.

Here the auctour blameth them that absolutely reprove the vie of chefe. And expresseth. it. vtili= tes therof, fyalt chefe cofoateth a ficke ftomake. But note well, that all chefe both not eafe euerp diseased stomacke. In some cases all chese hur= teth the stomacke of seld kupttynge, and everye flomacke weaked by longe lyckenes . But newe grene chele of smalle clammynes, comfortethe a botte stomake, as Kalis layth, it represent his brounes and heate. And eke it comforteth a dre stomake, by reason that hit is morste. And olde chese or verpe tarte or moche crudove, hurtethe moche suche stomakes . But olde chese, oz berpe cruddy chefe comforteth the flomake, aboute the whiche 张 sn G

whiche hangethe moche sleume: for suche chese with his tartenes cuttethe and scourethe awaye the sleume. But newe and softe chese huttethe suche a stomacke ryghe moche. The second brilite is, that chese that is eaten after other meate, maketh it to discende downe into the place of digestion: that is the bottum of the stomake. All this they knowe, that have the verye sepence of physpke. And Rasis saythe: that a syttest curtipe of tarte chese, eaten after meate, fortisyethe the mouthe of the stomacke, and taketh awaye the ouer moche sacietic, and sothyinge, the whiche sweet and vinctuous meates are wont to engedye about the stomakes mouthe.

C Inter prandendum lit lepe parume bibendum. Vt minus ægrotes, uon inter fercula potes.

Here the auctour teacheth two lessons. The first is that a man at his mean shulpe dynke lyttell and ofte. But this thynge is al redye declared. The it lesson is, that between meales one must forware drynke, specially if the meate that he dyd eate be undigested in the stomacke, excepte greatte necessytic constrayue hym to drynke, for drynkynge than letteth and breakethe digestion of the meate that is afore eaten. For it causethe the meate to descende from the stomacke undygested, and marrethe the appetite, it greueth the bodye, and engendrethe the seuers, and other dyseases.

Vt uites penam, de potibus incipe ecuam,

Here the auctoure faythe, that one oughte to be= gen his foupper with dienke. Some expounde this verse thus. If thou wilte eschewe sycknes, daynke at fouppet of thou begynne to eate. But this expolitio is reproued. for after philitions. a man thulde begynne his foupper with meate, and nat with ozynke. And all thoughe this boke was made for englyfthe men , pet they kepe nat this rule: fozat what houre of the Dave foo euer they daynke, they eate frafte a morfel of breadde. Therfoze this berfe may be expoude other tople: taking brinke for meate mopil a ealy of digeltio as Dippocrates taketh daynke whan he faythe. Dippoc. a. It is eafter to fyl one with drinke tha with mete partiapho. So that the sentece of this verse thuld be thus: It is better to begynne our supper with danke, that is with meate moult, and easy of digestion than with meate that is groffe, harde, and of yll digestion. The reason is, if one eate meate that is mort and eafpe of digeftion, after meate that is groffe and harde of digestion, by reason of the dygenyuc heate of the nyght, it wyl be dygested longe befoze the groffe meates, And whan it can nat for the groffe meate that is budigefted haue essue, it bournethe ouer moche: ogiftt tflue, it pluckethe with it parte of the groffe meate that is budygefted. Therfoze it is beste to begynne with meate mopfie and easy of dygestion: that whan it is dygested, it mape without lette issue oute

R.ii. Siugula

Singula post oua pocula sume noua. Post pisces nux sit, post carnes caseus affit. Vnica nux prodest, nocet altera, tertia mors est.

Here be certepne lessons. The fyzit is, to danke a draughte of wone after one hath eaten a newe land egge rere rofted, is berp holfome. Therea: fon mare be, bycaufe a newe larde egge rere ros fted, is of ryght great noury hement, and eafely digestethe: and it is of that sorte, that in smalle quantite nourisheth moche: and principally the volke, as is before favde at Oua recentia, So that the wone, whiche is frendlye to nature, causeth that the egge is more desprousive drawen of the noury hynge membres, and helpeth it to entre. An other cause may be. An egge Discendeth but flowely downe: and dynke helpeth it to disced. The it. doctrine is to eate nuttes after folhe in stede of chese. Hoz nuttes by reason of they? dannes, hyndrethe the engendannge of fleume, that is wonte to be engenozed of tylhe. And for this cause, nuttes are the laste serupce in lente. The .iii. lesson is, that after fleshe we must eate chefe a nat nuttes, for nuttes do dep ouer moch, and so doth nat chese : but it causeth the meate to discende to the bottum of the stomake, where the bertue of digestion is. And this is certepne. if the chefe be nerther to old not to newe. far= ther the texte bath in the laste berse, that a nutte meage is hollome for the body: it makethe the mouth to favour well, it comforteth the frant, Signal and

Anutte megge.

and lpkewple the lyuer, and the fplene, and fpecially the mouth of the stomake, as Auteen faith But the other commune nutte, called a wallnutte, is hurtfull. This wallnutte, as Auicen fayth, both enflate, it engendrethe bentofyte in ca be nuce the wombe, it is harde of digestion, and sterethe muscata. one to bompte, and that is by reason that it is hotte. But the.iii. nutte, that is the nutte of the croffe bowe is deth, for & croffe bowe fleeth men. De elles we may biderftande the nutte methel: which, as Aucen faythe, is venomous, wher= fore it fleethe.

Adde potum piro, nux est medicina veneno. Fert pira nostra pirus, fine uino sunt pira uirus. Si pira sunt uirus, sit maledicta pirus. Si coquas antidotum pira sunt, sed cruda uenenum. Cruda grauat stomachum, eleuant pira cocta grauatum. Post pira da potum, post potum nade fecatum.

An the fyzite verse here the auctour lernethe bs to drinke wone after peeres. For peeres (as it hathe ben befoge sufficiently declared at length) engendze bentolpte: and of thep; proprete thep cause the colyke, and engenoze bloudde fulle of aquolytie. And therfore with them one chulde daynke stronge wyne: whiche consumeth bento= fites and aquolites engendred of peres. Secon oly he faythe, that nuttes is a remedy agapuft benome: as it hath bene thewed at Allia nux &c. farther in the.ii. and .iii. berfe he Meweth, that peres that be eaten without wone are benomus: that R.itt.

that is burtefulle to mans nature, the cause is thewed in the fyzite berfe, pet for all that peres be nat benomous symply, for if they were, they wolde flee bs, and peres so doring are accurled. In the. uit. verse he Chewethe, that rawe peeres ace venomous that is to fave burtefull: for they enake the humours to bople, and brede & colpke, Heume, and skabbe: pet if they be sodde, they be medycynable, in maner as is before sayde, that is to fap with wone: and specially if they be eate after other meate, for so thep expulce p dregges. In the, b. berfe he farth, that rame peres greue the stomake: for they hynder digestion, and in-Nate: but sodde peres releve the stomake that is greued, and disposen it naturally. In the lafte berle are. ii. thonges. The fulle is after peeres we must dynke, for the cause before sappe.

Maic.ti.can.

The. it. is, that after the eatynge of appuls, we made go to spege: for Auicen saythe: If swete or sower appuls synde any grosse humours in the stomake, they force them to dyscende frome thence to the guttes: for appulles are moche inflative, and engendre ventosites: whiche nature expelleth to the inferpour partes,

Ceralali comedas tibi confert grandia dona.

Expurgans stomachum nucleus lapidem tibi tollit.

Et de carne sua sanguis erites bonus.

cheries. that come by eating of cheries. The fyite is, that cheries purge the flomake. This some sage

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is trouth, whan the stones be broken and eaten withall . for thefe . ii. together, of thep; proprete fcoure and clenfe. The.u.is, that the kernelle of the chery flone, by his bertue, breaketh the stone in ones capnes or bladder: and it is eaten bipe og madem milke. The thy de is, that & fubftance of meate of cheries engenozeth berr good blube, and it comfortethe, and fattehe the bodge. Ind this is proued by experience, for we fee that spa= cowes, whiche are greatte eaters of cherpes, in thery tyme they; lyners be farre greatter than in other feasones, whereby it appereth, that the= tpes encreale and coforte the lyuet , pet here is to be noted, that there be two fortes of therpes, groffe, and finalle. And eke of the groffer two Toptes, some are l'wete, and some sower. Al bulce a smal cherres are unholsom, for they be lightly corrupt, and brede bermen. The groffe a lower cheries are called Cina, and of thefe are. it. fortes. Some be ruddy and lofte of lubstace, and luch must be eaten freshe a newe gethered, and at the begynnynge of dyner, they? nature is to scoute the stomake, and to prouoke the appetite. The other be blacke, groffe, a harde of substace, and specially the sower, And these shulde be ea-

ten after byner o; lupper . The caule is , fo; by they? sowernes they close the mouthe of the stomacke, where by the better and fpedper opgeffy=

on foloweth.

Infrigidant, lazant, multum profunt tibi pruna char

Dere

Ma.it. alle metozum.

nis.

The best prunes

Dere the auctour reciteth two btilites that come by eating of prunes . fyzste, prunes coole the bodpe. And therfore Portugals that dwelle in a hotte countre, lythe prunes always with they? meat. The fecond prunes make one to lafke by reason of thep? humpdote and clammones, as Galen farth. This is of trouthe if they be type. For prunes that be nat type, be Apptycalle and Buck, can, noutyshe lyttell, as Auicen sayth. And thoughe ca. de ppui Damaske paunes haue the foglapde btylytes, pet proprelye they be ascroued to prunes of Ar= menpe. for prunes of the countre of Armenpe. are better than any other : And they bubynde the wombe more behemently than any other, as Aupcen farth. And wrtteth wel, that rone neunes are vied, and not burppe. And prunes most hollome for mans nature be plonge ones, that haue lettel substance about & stone fmal harde. and in maner dep, and the otter (kenne thome: and they thoulde not be swete in talte, but some what fower, and of this forte are Damafke prunes: a thefe refreshe a coole the body as fand is: There be many other fortes of prunes, whose ble is not accepted. There be also prunes called wylde prunes, & whiche growe in the woodes: these be not laratrue: of them water is distilled to bynde the wombe. Drunes that are taken to make one to laske, muste be fyzite layde in colde water, for than they coole and moufte more per= fectly aby then Cuppapies they leufe the coler. STREET, that

that they come to and foothe flounache is better disposed to receive fode. And here is to be noted. that the mopfie prunes and newe are more alteratpue, thoughe they be of worle nourpfhement, and of more superfluity: but daye prunes comforte more, and better nourythe the body. Ind as it is layde by prunes, foo after the maner is buderstande by cherpes. Let not with standying the humidite of chexpes is subtyl and leffe clam= mp, whereby they nouryshe lesse than prunes.

Perfica cum mufro nobis datur ordini iusto.

Sumere sic est mos nucibus sociando racemos.

Paffula non fpleni tuffi ualet, eit bonareni. Dere the auctour teacheth three doctrones. The fyzite is. That with peaches we Moulde drinke muste for two causes. The fraste is for muste is hotte, & boyleth in our bodge, whyche boylyinge and heate fordothe the colbenes of the peacher The leconde caule is, peaches berrghte colde, and cole the body berre moche. Thereoze that the same wome Gulde be donken bpon them, whichehen: sunogen tethe moze than other; and that is multe, whiche is knowen by experience. The maner howe we thulb eate peaches and other fruites, is declared inhaid to at Perfica poma, &c. The fecod doctrine is, & with olde day nuttes we multe eate relpns a forneme gethered nuttes are holfome all alone : but olde day nuttes are greate dayers, and through their unctuolytye they lyghtelpe enflame the bodpe: wherfore taylyns with theym muste be eaten. whiche

To brinke wone with peaches.

emade of epages.

whiche restrayne inflammation and drines, by reason that they be mooft. And of nuttes, is spo= ken more largely at allea nux. Cc. The.iii.doctrine is, that refins of corans hurte the splene, for they eaufe but opilation therof: pet they are hollome for the rapnes, for by they, prouokynge of brine they pourge the rappes.

Scrofa, tumor, glandes, ficus cataplasmata cedit.

Iunge papauer et confracta foris tenet offa. Here the auctour farthe, that playfrers made of frages are hollome against thre diseases, that is to fap, swynes puel, kymels, and swellpinges. By Swynes puel is buderstande inflation buder the chume aboute the throte. And hit is called scrofula a scrofa that is to save, a some oz a swone. epther bicause this disease chanceth many times to Swyne through they gulositie: orels bicause y Mappe of this disease is likened to a Swyne, as Aupcen fapth. By byrnels are bnderftande impostumes, whiche commonly chance brider the depostrus arme pyttes, and in the groynes. And by swels lyng may be biderstand inflations in any parte of the body. Wherfoze to hele thele impostumes. and specially to type them, fygges shulde be sod in water, and with the water thulde be myred a lpttell curtip of byneger, y whiche helpethe the bertue of fygges to entre. And whanne hit is fodde, the fygges muffe be beaten in a mozter: and than myngled with a courtly of the water that they were fodde in, and so make a playfter.

To brinke topne boils prachra.

Auf 3. 4. aract.2 ca. lis.

A plapfter made of fragee.

A playfer is proprely a medicine made of some herbe, or flower, and the tupce theref: as this perle faythe Cum succum ponis & herbam, tunc catas plasma facis. The. ii. btplyte is, That a playster made of fpages and popp fede topneth of letteth a peapfer broken bones to gether agayne. And they muste of frages be fod to gether in water without bynegre: and and poppe than frampe it in a morter, and put therto a lyt= tel of the water that it was fodde in, and fo lape it to the foze. The reason here of may be: by cause popp sede bothe taketh awaye the sensphienes of the membres, wherby theache, that is wonte to chance in breakinge of bones, is done away, and prouokethe one to flepe. And the fpages do drawe the humpdytes of the bodye to the btter partes: whiche humpoptes broughte to the bones, wpl dzawe, retaine, oz holde them to gether, but neuer perfectely knyt them. And wyttethe well, that there be . iii. kyndes of popies, whyte, redde, and blacke. The redde is benemous, and groweth amonge come. The yonge scholers are wonte to stampe the flowers therof, to make redde puker

Ct

Ch

tipe

Pediculos, venerema, facit, cuilibet obstat. Here be declared . ii. operations of fygges, fyille moche eatynge of tygges makethe one louive: Saling of and this is forcertayne, if the fugges beday, as frages. Auice fayth. The cause is by reason of the mali- Ani.ii. ca. cousnes and corruption of the humour that is cap. defie of thepmengendeed. In other cause maye be, by cubus.

5.11.

reason

teason that fygges stere one to sweate moche, wheros lyce are engended. The . ii. operation is, sygges stere one to carnal luste: and lyke wise they have many superfluites, and augment the lede of generation.

Multiplicant mictum, uentrem dant escula strictum. Escula bona dura, sed mollia sunt meliora.

Bere are declared ii. btilites of medlars. The fyzste is, that they encrece brine: that is by reafone that they make the dregges harde, and foo the wattynes tournethe in to moche bryne. The . ii bulite is, that medlars make one coa Ayue, by reason of their sowernes and stipticite, and therfore the texte layth, that harde medlars be better to stoppe the laske. But pet the softe medlars be better then the harde : for they nous cythe moze and bynde leffe. And here is to be no= ted, that medlars nourpfhe leffe than appulles, peares, peaches. fygges, and luche lyke: whiche thyinge apperethe playnely by their egrenes of relythe of tafte, and hardenes of their lubstance after they be typed on the tree, and therfore we Chulde eate felve medlars, and rather in wave of medicine than meate, and bycaufe inedlars type nat on the tree fofte inoughe to eate, they mufte be layde in strawe toll they befoste: And than they be more delectable and leffe fipticall.

Prouocat urinam mustum, cito soluit, et instat. Here the autour retitynge.sii. ppzetes of muste, sayth, that it prouoketh one to pysse, by teason of the

the etthy partes scouryngly bitethe the bladder. whan they come therto: § whiche constraynethe the bladder to anoyde the bryne. And this propete is bnderstande of mustes, § have bytynge lees, as moche reinnishe must hath. For mustes that have grosse lees do not hyppe, but rather stoppe and lette the brine, as is before sayde at Impedit urinam. &c. The.ii.proprete is, must make the one lyghtely to laske. The reason why, is shelved in the fyrste proprete. Thyrdly, must is instatue: for the boylynge that it make the in the body, repleth by bentosytes. The causes of these two propretes are shewed before, at Impedit urinam.

Grossos humores nutrit seruicia, uires
Prestat, augmentat carnem, generat ex cruorem.
Prouocat urinam, uentrem quo ex mollit & inslat.
Infrigidat modicum, sed plus desiccat acetum.
Infrigidat, macerat, melanc dat, sperma minorat

Siccos infestar, nervos et pinguia siccat.

Pere the auctour reherlynge, ii. thynges declateth, bitt. propretes of ale or bere. Friste he saith that ale engendrethe grosse humours in mans body, which e is of trouthe in regarde of wyne. Ind after the diversite of come or gross substace that the ale is made of, the grosser humours it engendrethe. Secondly, ale augmente the strengthes: and this dothe ale that is made of the best grayne and well sodde, for by reason that it nouryshethe moche, it encrease the strengthe.

THE REGEMENT

Thy dely, it encreacethe fleshe: by reason that it nourphethe moche; and for the same cause it en= creaceth the bloud. And thefe . iii. laste propretes be in stale ale: that is well sodde, and made of the befte granne. fpftelp, it fterethe one to ppffe. Spriely it maketh one to laske. And these. it. propretes be in clere bere, that hath moche of the hoppe, as bere of Amburgens, whiche by reafon of the hoppes it bypngethe one in a lafke. And it is not good for they m that have a weake brayne. For this bere, by reason of hoppes, doth lyghtely ouercome the brayne. Seuenthly, it enflatethe the bealy: that is of trouthe if it be pll sodde, as Hollande bere dothe, whiche enfla= teth moste, and stoppeth, and therfore it fattethe eyght moche. The. viii. is, that a litel curtly ale cooleth. So doth bere of Hollande, Brabande. Heynaulte, and Flanders. And this it it that we ble daply. And this proprete is for certagne in respecte of wone. Here is to be noted, that ale mape be made of ootes, barly, a wheate. And as the grayne is altered, fois g coplection f the ale. Hit that is made of barly, enclynethe moze to · colde, foz barlye is colde. Dit that is made of barly and ootes, stoppe the lesse, and lesse ingen= dieth bentosptes, and nourysheth lesse. And ale made of wheate malt, enclyneth more to heate, it nourisheth moze, and stoppeth moze. And the aroffer the ale is, the worfe it is, the subtyler the better. farther, ale that is made of thynges, that 、此、空

that make the one doonke is worke, as of darnel. for this grepne specially engendreth head ache, and hurteth the senowes. Farther in the texte are. b. propretes of byneger. The fyilte is, it dypeth. Foz Auycen saythe, it is a stronge dayer. Ani.ii. ca. And therfoze philitians bydde in the tyme of pe= cap. de as stilence to ble it with meate and divnke. Augcen fayth, be that bleth byneger in his meat Auffili. and dainke in pestilence time, nedeth nat to daede in ca vnis the lykenes. The fecod is & bineger of his owne codoct.v. proprete colethe. Chyrdely it maketh one leane by reason that it depethe. And this is so a very trouth, if one take it fallynge, as Augeen faythe. Auic iii. i. Yet neuer the leste, the continual ble of byneger doc,iii.ca, specially fastynge, bredeth many inconvenicces, v. it febleth the fpahte, it hurtethe the breafte, and causeth the coughe, it butteth the stomake and lyuer, a behemently oppresseth the senowes and iopnies, berynge theym with arteticall grefes. with tremblynge and thakpinge. fourthly byneger engendzethe melancoly humours, by reasonthat it cooleth and dapethe. fpftly.byneger diminisheth the feed of generation, foz as moche as hit cooleth, dapethe, and makethe one leane. Thefe fand propretes Ralys puttethe, favenge: Alyneger is colde and daye, whiche make the one leane, it dystropethe the strengthes, hit diminis meth the fede of generation, it enforceth blacke coler, it weaketh ruddy languine coler, and maketh the meate subtile, that it is myngled with.

THE REGIMENT

In the last verse thauctoz putteth thze thyinges. The sirst is, that vyneger hurteth leane solkes. By reason that it dzyethe and the tartenes maketh it to dzye the moze. Foz lyke toyned to lyke, maketh one the moze surious. And eke energe decayed complexion is holpe by the contrarge: and by the lyke, it is broughte in to wozse case. Secondly, byneger hurtethe the senowes, and thyzdelpe it makethe one leane, as is befoze sayde.

Rapa iuuat stomachum, nouit producere uentum. Prouocat urinam, faciet quoq; dente ruinam.

Bere the auctour declareth. iti. brilites of rapes temperately sodde, and one inconvenience of the same. Fyzste rapes comfozte the stomake: for the stomake digesteth them well, and is not greved therwith. Secondly, rapes breaketh wynde, as appereth by experience. Thirdly, rapis provoketh the bryne. Yet bespoes these propretes, Auerrois saythe, That rapes greatly comforte the syght. The ylos rapes is, that the continual eatynge of theym hurteth the tethe. In the laste verse he sayth, that rapes cause throwes or gnawyng in § bealy, by reason § they multiply bentosites, as sayth this verse:

Ventum seperapis, situ uis vivere rapis. The tayles of rapes leuseth the bealy. Farther=niozenote, that of all rootes rapes both best notyshe mans body, as appereth by the swetenes that

that is founde in their lauour, for al livete meates nourishe moze the body than lower, bytter, or tarte. Cherfore bycaufe tapes be the fweteffe of all rootes and leffe tharpe, they be most e hol-Tome in the wave of meate, but pet they engendze groffe melacoly blud:if they be not wel digefted. And it is good to purific thepm from the frafts water, and in no wyle to eate them tawe. They stere one to bodyly lust, and clife the wayes that the brine runneth.

Egeritur tarde cor digeritur quoq dure. 018 ,11011

Similiter stomachus melior sit in extremitates.

Reddit lingua bonum nutrimentum medicine.

Digeritur facile pulmo, cito labitur ipfe.

Ef melius cerebrum gallinarum reliquorum,

Dere the auctour reciteth fpue thonges. The sprite is, that the harte of beattes is flowely dygelled, by reason that the harte fleshe is melan= colious, whiche is hardly opgested, and slowely as it in a befeendeth, and as Aupcen lapth, is buhollome Animes. flethe, and as Basis laythe, it nouritheth lytell, cade nuce The fecod is, that the mawe lokewole is vlot of gestion, and slowe of discending, by reason that it is a fenowee membre and appflipe, wherefore hit dygestetheyll, and engendzetheyll bloudde. Farther the texte layth, that the extreme partes of the mawe as the bottum and brimme are better dygested, by reasonne that those parties are more fielly and fatte. The third is that & tonge is of good norythement, and that is touchyinge

calde puis Sugin.

THE RECIMENT

Aui.ii. ca. capitu. de carne.

the roote, as Aurcen farthe, by reason that it is fleshpe, and easpe of opgestion. And amonge all other, a rofted prages tonge, the fkynne scraped of, is lyke brawne, as prynces karuers knowe. A netes tonge by reason that it is morste, is nat very hollome. But for all this, these delicate fe= lowes, or they rofte a netes tonge, they stoppe hit with cloues, wherby the morstenes is dy= mynplaced. And the meate is apter to eate. The fourth is, that the lyabtes are easy of dige= stion, and casp to abopde out, and this is by refon of they? naturalle foftenes. Yet they? noutythement is lyttell and buholfome for mannes Auf.can.i. nature, for hit is fleumatike, as Auycen farth. ca.de puls And here is to be noted, that though the lyghtes of a tuppe be buholfome to eate, pet it is medicis nable for a kibed or a fore bele, if it be lapde hote therebuto, as Aurcen farthe. The. b.ig, that a Auf il. ca. bennes brayne is belt: whiche (as Auicen fayth) stancheth bledyng at the nose. Dit must be eaten soundbar epther with falte of fpices, for of it felfe hit pros uoketh one to bompte. And philptions lave, that chekyns brancs augmente the memorpe.

none-in h

mone.

The bearne of hogges are buhollome for man-But the brayne of a thepe, of a hare, or of a conp. may be eaten with falte or spices. And of braines we have moze largelpe spoken befoze at Nurit et impinguat. &c.

Semen finiculi, fugat et spiraculi culi, Eating of fenet fede. Dere thauctour reherlinge one doctrine of fenell oult

sede

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Agicen 2.

can cap de

.cibect

fede, farthe, it breaketh wynde: by reason that ttis hotte and dipe. And phylitions lave, that the eatynge of fenelle feede engendzeth. iii.com= modytes . frafte, it is hollome for the ague. Decondly it auopdeth poison. Thirdly, it cleseth the stomacke. And fourthly, it Charpeth & lyghte. Thele foure btilites are reherfed in thele two perfeg.

Bis buo bat maratrum, febres fugat, ater venenum, Et purgat ftomachum, lumen quom reddit acutum.

and Auteen reherling thele.utt.proprettes faith, Aulcen, il Democritus demed, that benemous wormes ca.cap. de delpze newe fenelle feede, to comforte and Charpe feniculo. they: fyghte: and ferpentes after wynter, iffuyng out of they? caues, do rubbe their eies agepufte fenelle, to clere thep; fpahte. farther note, that fenelle digesteth slowely, and nourpsheth pland lyttel: and therfore it is bled as a medicine, and nat as meate? wherefore it ought nat to be bled in the rearment of helche, but to expelle the bnbollomenes of other meates. As we vie some tyme to eate perfely with lettile, to resplie the coldenes and humidite of the lettile: lo lyke wife fenell may be fodde with gourdes and rapes, to withstande the bubolsomenes of them.

Emendat visum, stomachum confortat anisum,

Copia dulcoris anisi sit melioris.

Here thauctour reciteth. ii. btilites of anis fede. Frite, it comforteth the fratte, and feconoly the Romacke: by reason that it heatethe and mundy: fieth the stomackerand eke for the same reason it comfortetts agra(I) T.it.

THEREGIMENT

Moffe Bur full for the fpatte.

Aui. 2. cã. ca de aniso

comfortethe the lyghte, for nothynge huttethe the lyghte more, than buclennes of the ftomake. for from the buclene fromake buclene bapoucs alcede to the eyes p trouble and hutte p spirites. Thefe are the. it. propretes of dulce anys fede. And belyde thefe, Auteen reherlyng many other profetes of anis fede, fapth, that it alwageth do= lours, breaketh wynde, and quenchethe thyzite, caused of salte morsenes, it openeth opilations of the lyner and fplene, engendeed of humidites: and lykewyle of the raynes, bladder, and ma= trice: it prouoketh bryne, and menstruous syre: it clenfethe the matrice from white humpdites, and fereth one to carnall lufte. and conditioning

Anicen 2. can cap de spodio.

Si cruor emanat foodium sumptum cito fanat. Dere thauctour putteth one comodite of fpodium, And that is, that spodium take, healeth the bluddy fire: by reason that y vertue therof comfortethe the lyner, and fo the liner fortified (whiche is the oziginal fountarne of bloud) the bloud is there better retepned. And Auicen fapthe, that spodium is the rootes of reedes burned. And it is fayde, o theferotes, moved by the wynde, and rubbynge them selfe to gether, burne one a nother . Yet Symon the Janwaye faythe, that spodium is a thringe, whose begrinninge is buknowen buto bs: it semethe to be a thringe brente, and diuplions of reedes burned. And it doothe not onelye helpe the blouddy flyre, but also the laske and spuynge, as Rasis sayther. It helpethe also a Charpe

CIE

Charpe ague, and is comfortable agepufte the Makpinge therof, and foz ouer moche auopopinge of coler it helpeth the ftomache, as Aucen faith. Ind as fodin both helpe and comfoate the lyuer, fo ther be other medicins, that have lyke alvecte and lyke proprete to comfort other speciall mem= bies: as Mace the harte : Muske the biagne: Lykeres the lyghtes : Caper the fplene, and ga= 3100 allos lyngale the flomacke. Is appereth by thefe ples.

Sander epar fpodio, mace coz, cerebrum quog mufco, pulmo liquiricia, fpien, epar, itomachulo galanda.

Vas condimenti preponi debet edenti.

Sal virtus refugat, et non spaciumq; saporat.

Nam sapit esca male, que datur absq. fale,

Vrunt perfalfa vifum fpermag, minorant.

Et generant scabiem, pruritum, fine vigorem, Here the auctour teachynge, it. thynges faythe, That befoze all other thrnges falte must be fette bpon the table, as the bulgar berles teache bs: Salprino poni debet primom reponi.

Omniementa male poniturabico fale. Secondly he layethe, that laite telpfieth benome foz.it. causes . Fyzite foz that falte is a dzier: and to depeth by the humidites that wolde costupte. Un other caule is, that falte briethe & suppreffeth the humidites, drawinge them out of the body, and foo thuttethe the poores, and confequentely Stoppethe gentrance of benome, whiche is wonte to entre by the poozes. Secondly he laythe, that falte maketh mans meate fauozp. foz comonly we se no meates sauop withoute salte, as sayth T.itt. colocito

the thyzde berfe. Thyzdly thauctoz openeth. iiit. incouemeces offalte, or meates to moche falted. Avalte, bery falte meates marre the lyght, foz.ii. caules. The friste is, that falte thringes dip ouer moche, whiche is cotrary to the eies, the instrumentes of lyghte: for the cies are of the nature Phi. in de of water, as the Phylosopher saythe. The. it. sensu er le fause is, for that meates betpe salte engendze ptehe and nypppinge, in maner as is afoze lapde. Df mordicatine meates beynge in the ftomacke, fumis mozdicative are lifted by, whiche by their nyppynge hurte the cies, and make theym very ced. And therfoze we fe & they that make falte, haue commonly redde eyes. The . ii. hurte is. that very falte meates dyminishe the seede of ge= neration: by reason that very salte meates dipe enghte moche all the humidites of the body: whereby the fede of generation is dayed, and foo made leffe. The. iti. hurte is, it engendzethe the scabbe: by reason that salte engendzeth a Charpe botong humour abust, which caufeth the scabbe. The. iii. huttets, it augmenteth ptche: by reason that it engendzethe a mozdicative ytchynge humour. Ind of thefe titt hurtes Kalis fpeketh. Farther it burneth their bloud that take great quantite therof: it feblethe their spahte, it my= upsheth the sede of generation: and engendzeth ytche and stabbe. And bespoes these hurtes, verye salte meate engendzethe rynge wozmes. dre learfes, morphewe, lepry, in theym that be

disposed

feto.

disposed there buto, and fleethe the passage of the bryne: whan they are longe continued: Yet whan it is a lyttelle powdzed, hit taketh awaye lothynge, And makethe one to haue a good ap= petytens, burologianimeled a jo editinoq apal

Hi feruore rigent tres falfus, amarus, acutus, 11 11 11 Alget acetosus sic stipans ponticus atqui all

Vnctus et insipidus, dulcis dat temperamentum. Here thauctour reciteth the qualities of al faue tynes. fyilte, he laythe, that thele thie lauerp= nelles or relpsches, faulte, botter, and Charpe, heatethe body that recepueth thepin. Secondly he fapth, that thefe three fauerineffes, tatte, ftip= ticall, and pontike, coole. Thy velve he laythe, that these thre relpshes; uncruous, bulaucry, and swete, are temperate, they make the bodye Au.il.can. neyther hotter noz colber. Fatther, after Austen traci.ca.3 there be. bitt, talages og lauerinelles, p folowe bulauerines: ethep be, falt lwete, bytter, Charpe, terte, pontyke, ftyprpeke, and buctuous : and to number bulauerpucs tor lauerines, as the texte bothe, there be ir and than facetynes is taken for everye thyinge juged by tatte. And amonge thefe tallages there be three hotte, as sapthe the terte, falte, bytter, and tharpe: and, as Aupcen fapthe, the Charpe is the hotter, and the nert falt, and than the bytter: For as mothe as harpe is Aronger than the bitter is, to telolue and scoure the incidentes. And than falte is lyke bytter, bzoken to gether with colde hainydite. And of tetta thele

thefe tallages, thre be coide, eger, Apptycke, and pontyke. But pontike is colder than the other: and next thertois Apptoke. And therfore all frus tes. that come to any swetenes, have fyite a talage pontike, of a behement colones, and after that the fourtes by the heate of the sonne, be dige fied, there appereth in them Applicate, and after they declyne to fowernes, as grapes, and than to swetenes. And thoughe tarte be not soo hotte as diptike, pet by reason that hit is subtyle and perfynge, hit is in many of more coldenes. And after Auten pontykeand flyptike are in tallage very lyke, but pet the fliptike causeth the opper parte of the tonge to be tharpe and roughe, and pontyke causeth the conge to be roughe within. And thre of these tallages are temperate, neither ercedynge hotte nazcolde, as swere buctuous, A busancep, for thoughe swete be botte, yet ther= in appetethe no myghty heate, as Rasys saythe. Indeuery tallage bath his owne operations, as Auicen and Ralis fap The operations of fwetemes be digestion fobring and encreasing of no= epshement sändnature louvngely despreth hit, and the bertue attractive draweth hit. In alind Rasis sayth, that swetenes engenozethe moche ruddye colour, and opilations of the lyuer and splene specially if the sappe membres be apte therbute. And theroffolomerbethe Aprenu bit mollofrethe the formake, and comforteth & breft and lyghtes, it fatteth the bodye, and augment teth chele

teth the sede of generation. The operations of botter is to Charpe, and to wallhe aware. And after Kalis, bytter heateth and dayeth frongly, and lyahtly reduceth the bloud to adult malice. and augmentethe ruddy colour in the bloudde. The operations of pontike talage, after Auicen, is contraction, if the ponticite be feble: 02 elles expression, if it be fronge. And after Kalis, pontycke cooleth the bodye, and it deveth the flesche. and dympnisheth the bloudde, if one ble it ofte. Alfo it comforteth the stomacke, it byndeth the wombe, and engendzethe melancolve bloudde. The operation of Apptyke talage after Auicen, is contrary, thyckynge, hardenynge, and holopinge. And after Balis the operations therof are lyke ponticke, though they be weaker: for he Temeth to copzehende ftiptike talage bnder pon= tike: foz of ftiptike he farth nothringe expressely, The operations of buctuous tallage after Autcen are fokpige, Apppzines, and small digestion. And after Rafis it mollyfreth the flomacke, hit maketh one laskatine, and filleth one or he hath taken any necessary quantitie of meate: and hit heatethe, speciallye therm that be bered with a feuer, and that have a hotte lyucr and ftomacke. Dit mopfteth and soketh the body, but hit aug= menteth fleme & flepe. The operations of tharp= nes be resolutio, incision, and putrifaction after Auicen: And after Rasis hit encreaceth heate, and lyahtly enstamethe the body e, and it boutneth ED

THE REGIMENT

neth the bloudde, and tourneth it in to redde co= ler, and after into blacke. The operations of falte talage, after Auicen, is to fcoure, wathe. and dive, and hit letteth putrifaction. The ope= rations of harpe talage, after Auicen, is to cole and drupde: and after Ralis, it refrapneth coler and bloudde, and restrapneth the bealpe, if the ftomake and autres be cleane: but if there be to moche fleumatike matter, hit maketh the bealp to laske, it cooleth the bodye, and eke wekethe the bertue of digestion proprely in the lyuer. At hurteth the senowes and senowpe membres, it depeth the body, but it ftereth by the appetite. And Ralis layth, that some busaucry thing nou ty theth well, and that is suche as is temperate. There is other some that heateth temperatelpe. And a nother that cooleth temperatelye, and if movitnes be topned there with, it moviteth, and with a depethynae, it depeth.

Bis duo vipa facit, mundat dentes, dat acutum

Visum, quod minus est implet, minuit quod abundat.

Dere are declared soure comodites of wome soppes. The space is, they pourge the tethe, by reason that they sticke longer in the teth, than wome alone of breadde alone: therefore the splthynes of the tethe is the better consumed, and the tethe the better pourged. Their commoditeis, that it sharpeth the spate: for it letteth the of sumes to ascende to the branne, whiche by they mynaginge together, darketh the spate. And this is by

by reason that it digesteth all pll maters bernge in the flomacke. Chyzolp, it opgesteth perfytely meates nat wel digelted: for it closeth the mouth of the stomacke, and comforteth digestion. fourthipe, it reducethe superfluous dygestyon to meane. Ind all this is of trouthe, so that the breadde sopped in wone, be frat tofted, or dired

Omnibus assueram iubeo servare dieram Approbo fic esse, ni sit mutare necesse. Eft Hippocras testis, quoniam sequitur mala peftis. Fortior est metha medicine certa dieta.

on imberg.

Quam sinon curas, fatue regis, et male curas. Here the auctour recytyinge certapne doctrynes farth, that it is good for al folkes to kepe cufto: To kepe mable dyete. And by dyete is biderstande the mynystrynge of meate and dipnke. The breakynge from customable ble burteth greuously: for customance is a nother nature. Therfore. as . it behouethe bs to kepe nature, soo lyke wyse it dothe cultome: and specially of the customable ble be laudable. And as it behoueth to kepe the customable administration of meate adapute: even foo it behoueth by to observe custome in o= ther thynges nat naturall, for the felfe reason. wherfore if a man f is wonte to laboure moche, well forgo this custome and inue poelly: or la= bour moche lelle: or go in hande with other la= bour: 02 take a nother tyme, 02 a nother waye: bindouted it shall engite moche infeeble hymi SHIBGGI II EL

Soo inlyke maner it is in mans dyete, in his flepe, in his watche, and fuche lyke accidentes. for truly good custome in al thynge must nedes be oblerued, if it be laudable oz indpfferente in goodnes of hurtfulnes, in respecte of it, wher= to the chaunge is made. And wrtteth well, that they that be accustomed to labour, and exercyle them selfe in any kynde of labour, and all be it that they be feble oz olde, it greueth theym leffe: and they labour more from aly than if they were ponge felowes, bnaccustomed, as Dippocrates faythe, by reason that these feeble or olde parso= nes have more inclunation and custome to these labours. For nowe the cultome before taken is botter, as is sappe in the aforesappe Apporisme. And this is the cause, why we se olde and feeble craftes men, to boit that ftronger and ponger than they can nat do, and it greueth them lelle, · as a feble olde mpiner to lyfte a great wepahtye facke: I smith to welde a labour with a greatter hammer, than a ponger wan nat therto accusto= med. The it doctrine is, that greatte harme foloweth change of diete, as Hippocrates layth: excepte it be nedefull to chaunge it. frafte it is nedefulle to chaunge it, whan greuous dyleafes thulbe growetherby: as custome to febe on pil meates, whiche at lengthe of necessyte wolf brede in be piloucales. Suche a custome and other tyke muft nedes be amended and changed by lystell and lytell, but nat fodaynely. Fozalt Codaine 000 BIED

Hipp.ii.a. phorismo.

fodapne changes hurte vehementely, specyally from a thonge customable, to bnaccustomable, Secondly, it is nedefull to change, to thentente it Coulde leffe greue vs,if we happen to change and former our diete. for he p bleth him felfe to al maner of diete, chall hurte him the lasse. And this must be bippocrates saythe. I thinge longe customed, phorismo. thoughe it be worle than these that we have nat bled, hurtethe the body leffe. Therfoze it beho ueth vs to blethinges bnaccustomed. And here is to be noted, that every man Chuloetake hede, howehe accustomethe hom to one thonge, be it neuer lo good, whiche to obserue were nedefull. Crample: If a man custome hom to one maner meate or bapitke, or to abstepne holly from them, or to flepe, or to knowe a woman carnallye, it were very dangerous foz hym, if he other whyle muste abstepne from his custome. Therfoze euetpe body Chalde be dysposed, to induce heate und colde, and to al motions and nourplhementes, fo that the houres of flepe and watche, the houle, bedde, and garmentes, may be chaunged without hutte: whiche thynge maye be done, pf one be nat to nere in obseruinge custome. Therfoze other whole it behouethe to chaunge custo= mable thonges. Thus fapthe Ralps. The tif. Ralis.3.al. doctrine is, that the Aronger and never waye in ca de cos healpinge a pacpente, is to impupitre a certagne fuer. dyete: for whiche if the philition doth nat care coloc Ul iti

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and wyll menufter an other bindue dyete, he gos uerneth his pacient folyshelp, a healeth hympll. The mas and note, that there be three maner of bretes. groffe, whiche is holle folkes dyete, fklender dietc, whiche is to apue in maner nothpinge. The thirde is meane dyete: which absolutely is called fklender, And this diete is divided in to fklender Diete, declynyinge to aroffe diete: as the brothe of felhe, rece rofted egges, fmall checkennes : and Declinunge to fklender Diete, as Mellicratum, and wyne of pomegranades: and meane diete, whiche is called certapne diete, as barive ieuce nat beaten together. And this certaine diete is hollome in many dyleases, but nat in all. It is not holfome in longe difeafes : foz in luche difea = fes, the might of the pacient, with suche meane dpete, can nat induce to confume the fyckenes, without great debilite. Therfoze in suche diseafes, the meate muste be inarossed. Lyke topse it is buhollome in Charpe difeases, as these bende within iti.dayes space or fonerifor in suche most fklender dyete is beste, as hippocrates saythe. The most soueragne helpe is to diete the pacient after his strength and copposall myghte.

Quale, quid, et quando, quantu, quoties, vbi dando. Ista notare cibo debet medicus dietanda,

Derethauctour reherleth, bi. thyinges, to be co= on so lidered of philition in ministring of diete. fielt of what qualyte the meate oughte to be: forin botte lockenes, he muste dyete the paciente with colde

colde meate, in mopfte fpcknes with dape meate, and in dipe spekenes with mooft meate. Yet the naturall complexion muste be observed with dpete lpke therto. For Galen faythe, The hotter Gal.i. regi bodyes nede the hotter medycpnes: the colder bodyes, the colder medycones. The. ii. thyinge is, of what substaunce the meate ought to be. for they that be ftronge and luftye, and exercise great labour, muft be Dieted with groffer meate, for in them the wave of digestion is stronge, and fo they oughte not to ble sklender meates, as chyckyns, capons, beale, or kydde: for those fielhes in them well bourne, oz be degefted ouer foone: wherfore they muste nedes eate ofte. But noble men, and suche as lyue restally must ble diete of iklender lubstance, form theym the vertue digestiue is weake and not able to digest groffe meates, as bacon, befe, and fpfthe diped in the fon. Lyke wife they that be fycke of tharpe diseases, ought to ble mozesklender dpete, than they that be lycke of longe difeales, as a feuer quartane. The theed is, what tyme drete ought to be gruen: for they that be in helth ought fpecially to regarde custome. Wherfore they that rife parely in fommer, and eate but two meales a daye, oughte to eate aboute the houre of. r. of a lpttel befoze: Anot to abybe tyll noone, bycaufe of the ouer greate heate. Lyne wple they oughte to suppe aboute the houre of. bi. oga lytel after. But in wynter they ought to dyne at a.rt. of the clocke

clocke, og of ru. bycause of the longe sleppinge:

and than to suppe at. bit. a clocke, or a litel after. And Specially custome thuld be kept. Tome also in dietynge of fycke folkes, muft be confpoered. Forther that have an ague, whan it begrineth to bere them, or a lettell before or after. They fluide eate nothpuge: for if one eate a lyttell be= fore, or whan the fytte cometh: therby nature. that shuld entende to digelt the meate, is dinerted an other wave. If he chulde eate soone after the fatte is goone, hit were buhollome: for the bertue of digestion is verye weake, by reason of the fytte past : Therfoze he must eate so longe as fore, as p meate map be dygefted et p fytte come. De elles fo longe after the frtte is goone, whan nature is come to due opsposption. This is of trouthe, excepte pe diede greate feblyschpinge of nature. For than at all tymes he muste eate. for whan foo euer mans ftrength is feblyffbed by any chaunces, he chulde eate forthe with, as Balen layth. fourthly the quantite of the meate phorismi, must be conspoered: for as hit is before sayde.

feble through the ouer great resolutions. But in wenter one may eate a great deale of meate at a meale. For than the vertue digestive is stronge, whan the naturall heate is buied throughe circumstant colde, as we faid at Teporibus veris. Erc. The b. is, howe ofte we should eate in a days.

Ga.in co.a Daten tayed. Fourthly the quantite of the meate phorismi, must be considered: for as hit is before saybe, Coteplari in somet we muste ble a small quantite of meate aute. Sc. at every meale, for than the naturalle heate is

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Foz in sommer we muste eate oftener thanne in wynter, in autumpne and ver a lyttelle at ethe meale, as is befoze sayde. Ayke wyse, if the vertue digestive be weake, we muste eate lyttel and ofte: but if the vertue dygestive be stronge, we may eate moche, and make sewe meales ac. Syrtely, the eatynge place muste be considered: whyche shoulde not be to hotte noz to colde, but temperate.

Ius caulis soluit, cuius substantia restringit. Vtrag: quando datur, venter laxare paratur.

Dere the auctour declarpinge thre thinges, fayth, That the brothe of coole wortes, and specially the fyzit broth, if they be foode, leufeth the bealy: by reason that in the leues & btter partes of cole wortes, is a lopy scourpnge bertue, weakelye cleupinge and lyghtely separable by small decoc= tion or boylynge: whiche spredde abrode by the fame water, is made larative. And this is the skele that the fyzite water, that cole wortes be sodde in, make one larative rather than the se= cond. The fecod is that the fubstance of cole woz tes after they are boyled, restraymeth the bealpe: by reason that all they? bettue laratyue is taken awaye by the decoction, and the erthre dire fub= ftance remagneth, whiche byndeth the wombe. The third is, that both taken to gether, the broth and substance of cole wortes, leufe the bealy : by reason that the scoutying sopy bettue remayneth in the water, whiche leuseth all. And note, that enlald £ cole

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Ar.3.part. problem. Aui.ii.ca. Rasis.3.al

colewortes engendre melancoly humours, and yl dreames, they hurte the stomacke, they northe lyttell, and buske the syahte, and cause one to dreame, and they prouve menstruospte and b= tyne, as Auicen and Ralis lave. Farther moze note, that the decoction or seede of colewortes. kepe one from donkenes, as writeth Aristotell. And this thynge is afframed of Auicen & Rafis. The reason, as some thanke, is the groffe fumes that by eatyng of colewortes are lyfted by to the branne, engrossynge the fumolities of the wone. which engrossynge doth lette theym to entre to the bearne. Aristotle sarth, that all thringe that draweth to it the morstenes of the wone, expelleth it frome the bodye, and that that cooleth the body, kepeth it from dzonkennes: colewoztes are of suche nature, ergo. Ac . And that colemors tes are of this nature, he prouethe thus . By the teule of colewortes, the budigested humidites of the wone are drawen from all the bodye in to the bladder: and by reason of the colde jeuse that remarneth in the stomacke, whiche cooleth all the bodye: the persynge of the wyne is fordone. And so by this meane it kepeth a man sobre. for the subtile superfluites that naturally coude nat discende, by reason that the heate of & wone fereth them to asced boward towarde & braine. are repressed downe, and by bertue of this ieuse are drawen to the bladder.

Dedixerunt maluam veteres, quia molliat aluum.

Malue

and

Malue radices rade dedere feces.

Vulue nocuerunt, & fluxum sepe dederunt.

Dere thauctor reherspinge.3.propretes or effectes of malowes laythe, that they mollify the bealy, matowe. There belitif, that mollyfie: malowes, and double malowes, Branca, Urlina, and Marcurp, of whiche mooste commonly clusters be made, to mollyfye all indurate and harde matter in man. There be. ii. fortes of malowes, the one beareth a bloudde redde flower, the other a whyte flower, and this appely both mollyfy moze than & fyzit. The . ii. effecte of malowes is, p malowe rootes thaued, and suppositozies made of theym, suche as philytrons are wonte to make of Mercurye, drawe out of mathe indurate matter and dreg= ges. The.iii effecte is, malowes caute the men= struous flyre in women, and that throughe the great moultyinge and Appropries therof: whereby the bernes about the matrice sone poureout, as Platearius fapthe. And as apperethe by erneepence.

Mentitur menta, si sit depellere lenta

Ventris lumbricos, stomachi vermesq nociuos, Here thauctour saythe, that a mynte Chulde not be called amonte, excepte it have moght to holle wormes in the bealy and Comacke. I minte bath a greatte fironge fauour, and is trafte bytter: and therfore as worme woode kylieth wormes, foo bothe the mynte. And the teufe therof, as of wormewodde muste be dronke a nat the substace.

£. it.

THE RECIMENT

And by cause it is hotte and daye, and bournethe the bloud, it is unfolsome in the waye of meate in the regiment of helthe. But pet in medicines, it is hollome, for it comfortethe the stomacke, and heateth it, and styntethe perpug, a digesteth, and prohibitethe bomite stematicke a sanguyne, and through instation sterethe one to bodyly lust, and prohibiteth spyttynge of bloud, it is very holsome agenst the bytynge of a madde dogge, and if ye comble mente in to mylke, it wyll nesuer tourne to make a chese, as Auteensayth.

Aui.2. cã.

Cur moritur homo, cui saluia crescit in horto.
Contra vim mortis non est medicamen in hortis,
Saluia confortat neruos, manumq, tremorem
Tollis, et eius ope sebris acuta sugit.
Saluia, castoreum lauendula, premula veris.
Nastur athanasia sanant paralitica membra,
Saluia saluatrix natura consiliatrix.

The Bounte of sage.

Here the auctour touchyng pryncipally. titi. thinges, the weth the greate vitite of lage, alkynge as thoughe he doubted: wherfore man dyethe, that hath lage growinge in his gardenne. He answereth in the ti. berse, that no medyenne growinge in the gardenne can withstand bethe, all thoughe in the gardenne growe medyeines, that kepe the body from putrifaction, a defende that naturall humidite be nat lightly consumed away, as techeth Aucen, saveng. The science of phisicke both not make a man immortall, nor it both not surely defend our bodyes from oute-

Aui iii.i

ward hurteful thynges, noz can not affure euery man to lyue to the laste terme and daye of his lyfe, but of. ti. thynges it maketh be fure, that is from putrifaction and corruption; and defen= deth that naturall mousture be nat lyghtly dysfolued and confumed. Secondly, he putteth, itt. effectes of lage. The fyzite is, that lage comfozteth the senowes: for it depethe the humpoptes, sage. by whiche the senowes be let and leused. The. it. is, that it takethe awaye the Chakpuge of the handes: by reason that it comfortethe the seno= wes, as is layde, nowe all thynge that comfozteth the senowes, remouethe tremblynge. For tremblynge comethe of feblenes of the lenowes. And therfore some old men and women specially put lage leaves in their meate a dynke . Third= iv. Sage letteth the Charpe aque to allaple bs. by reason that it depethe humours, it lettethe them to putrifie, wherby a harpe feuer myghte be engendzed . Farther note, that lage is hotte and day, Atherfozeit is not bery holfome alone in wave of meate. Yet bycaule lage comforteth the fenowes greately, folkes in belthe doo ble it moche, it. maner of waves. Typhe they make Sage face wyne: whiche they daynke speciallye at the wyne. bearnnynge of diner of supper. This wyne is holfome for them that have the palley or falling focknes, moderately taken, and after the purnation of the accidente matters . Secondly thep ple lace in lauces : fozit fterethe by a mans ap= X.fii. petyte.

tue of

9 500 kondis of Sage,

petite and specially whan the stomacke is full of plhumours, rame and budigefted. There is . ii. kyndes of sage: Due that hathegreatte brode leaues. Another commonly called noble lage, whose leaves be moze narowe and lesse: phisiti= ons call it silifagus. Tyzdely thauctour reherfeth. bi. medicines good for the palley. It is fayde that fage, castozye, that is a castozs stones, Lauander, Primerole, Watercresse, and Canfey, cure and heale membres enfect with palley. why sage doth helpe it we have shewed, fozit comforteth the senowes, whiche the valley weaketh. Ind the bycause sage is hotte and dye, it consumethe the seumatrke matter that remap= neth in the senowes, wherof the palley bredethe. And that castopp is holsome for the palley, ap= pereth by that it is moofte comfortable, in hea-Avidica. tynge and depence & senowes: for Auicen faith ca.de cast, therof, that it is subtiler and stronger than any other that heateth a dzieth. And after he laythe, that it comforteth and heateth the senowes, the hakpinge, the mopfte crape, and benomed mem= bres caused of the palsey. And eke he saith: there is nothunge better for bentolite in the eare, than to take as moche as a peafe, and temper it with ople of Spyke, and so let it droppe in to the earc. Castozie bathe manye other vertues, whiche Auicen reherleth. Castorium is the stones of a sea beafte called Castoz. The ople also of Castozy is as specially good for the palsey, as Castorne, af-

ter the boydynge of the matter, for than it confumeth the relidue of g mattier that remayneth, and comforteth the fenowes . Df lauender appe= reth. for the Iwete fauoure thereof comfortethe the senowes, and the heat thereof doth consume the pally mattier. And also of the Paymerose eke appereth: for the swete fauour and heate therof comfortethe the senowes. This flower is called Premula neris, bycaule it is the fyzite livete flower that fpzyngeth in ber . The. b. is a watercreffe, foz it is hotte, depe, lubtile, inciliue, & resolutiue: wherby it taketh away the mattier of palley. And Anicen fayth, it comforteth all mollificatio of the senowes, for it heateth and draweth oute fleme, and clenfeth the fenowes from fleme, and philitians counsaple bs to eate water creffes in lente, bycause lenten meate is fleumatike. Water creffe is a comon herbe growing in cold, ftony, and watry the places, where as be manye wel fpzynges. The. bi. is tanfep . The bertue of this herbe is to purge fleme, and the heate ther= of depeth the senowes. Also it purgeth a manne from wormis, and from the matter wherof they be engendzed. And therfoze frenche men ble com= monly to free egges therwith in the Efter weke, to pourge awaye the fleme, engendred of fplhe in the lente, wherof wormes are soone engendred in theym that be therto dispased. In the ende of the texte thauctour fapth, that fage is called the fauer and keper of nature.

Nobilis

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Nobilis est ruta, quia lumina reddit acuta. Auxilio rute uir quippe videbis acute. Ruta viris coitum minuit, muleribus auget. Ruta facit castum, dat lumen, et ingerit estum. Cocta facit ruta de pulicibus loca tuta.

foure poperties of rewe.
Au ii can. ca.de ruta.

Dere thauctoz Declarpinge foure propretes of rue faythe, it Charpethe the fyght, and proprelye the teule therof, as Auicen layethe, and as is befoze Sapoe at Allea nux ruta, The.ti. is, rue diminisheth the delyze of carnail luste in men, and in women reme augmenteth it: foz by reason that rue heateth and depeth, it duminisheth the sede of men : whiche is subtyle and of the nature of the ayer. but in women rewe maketh subtile and heateth the feede, foz in them it is watterpshe and colde, and therfore it stereth them more to carnall lust. The.iii. is, rewe maketha man quicke, subtile, and inventyfe: by reason that by heatynge and dipenge, it maketh a mans spiritis subtyle, and so clereth the witte. The . iii. is that the water that reweis foode in, cast and sprinkeled aboute the house, ryddeth away flees, and as phisitions save, it kylleth theym. And after Auycen: whan the house is spankled with the water of wylde gourdes, the flees leve and flee awaye: and lyke wyfe doth the water that blacke thome is fod in. And Auicen farth, that some haue farde, that if gootes bloudde be put in a pytte in the howse, the flees well gether therbuto and ope. Ind like: wife if a logge be anointed with the greace of an pachin

To kytte flees.

Auic.6.4. tra 3.ca.de effug.puli fleas can nat abyde & sauour of colewoztes, noz leaues of Dleander. Some say, that nothynge is better to auoyd fleas than thinges of stronge sauour: and thersoze rewe, myntes, hozse myntes, and hoppes be good, and aboue all thynges hozse dunge, oz elles hozse stale is the chiefe. Also the house spynckeled with the decoction of cape sede, kyllethe sleas. And the partumynge of the house with a bulles hozne, dzyueth away slees. Yet to take sleas, nothinge is bet terthan to saye blankettes on the bedde, foz therin they gether them selfe.

De cepis medici non consentire uidentur.

Colericis non esse bonas dicit Galenus.

Flegmaticis uero multum docet esse salubres,

Presertim stomacho, pulchrumg, creare colorem.

Contritis cepis loca renudata capillis,

Sepe fricans poteris capitis reperare decorem.

Pere thauctour speaketh of opnyons, and declateth. b. thynges. Fyrste touchynge they, operation philitions agree not. For some sayethey be good for flematike folkes, and some say nay, as Rasis, whiche saythe, that they engendre superfluous and flematike humours in the stomacke. Secondly Galen sayth, they be righte hurtefull for colerike folkes, bycause, as Auren saythe, opnions be hotte in the thyrde degree, a therfore they hurte hotte folkes, as colerike be. Thyrdly opnyons be holsome for sleumatike folkes. For they

of onyone.

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they be hotte, perlynge, subtile, scourpnge, and openynge, wherfore they dygeste, cutte, make subtile, and wype awaye sleumatike and clamp humours, arowen in the fleumatike folkes. fourthly, opnions be holfome for the stomake, for they bothe heate and mundifie it from fleme. And therfore Auicen saythe, that it, that is eaten of the opnion, through the heate therof comfortethe a weake stomake. And therfoze they make a man well colozed. Hoz it is impossible for one to have a lyvely coloure, if his stomake be bery fleumatike, of fylled with yll, rawe, and fleuma= tike humours. The. b. is, that oppons foode and flamped, reftoze heares agarne, if the place where p heares dyd growe be rubbed therwith. This is of trouthe. Whan the heare goth away through stoppynge of the pores, and corruption of the matter buder the lkpn. For the opnyons open the poozes, and resolue the pll mater under the skynne, and drawe good matter to the same Au.ii,can. place. And therfore as Auicen laythe, ofte roub= bynge with opnyons is very holfome for balde Et.6.3.ca. men. Wherfore the texte concludethe, that this de curatis rubbynge with opnyons preparethe the beauty of the head: for heares are the beauty of & head. farther moze, opnyons flere one to carnall luft. and thep prouoke the apetite, and bronge colour in the face, & whan they be myngled with hony. they distroy wartes, they engendze thyzit. A they burte the biderstandinge, for they engendre an pll

ca.de pres 21. one alo perie.

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pllgrosse humour, they encreace spyttelle, and the ieuse of them is good for watterynge eyes, and dothe clarific the syghte, as Auteen saythe. Farther note, that dynyous, hony, and byneger samped together, is good for the bytynge of a madde dogge. And therfore some adde these. it. berses but the forsayde texte.

Appolitas perhibent morfus curare caninos, Si trite cum melle prins fuerint et aceto.

But of this is Spoken befoge at Allea nux. Cc.

Et modicum granum, siccum, calidumq, sinapis.

Dat lachrimas, purgatque caput, tollitq; venenum. Dere the auctour recytynge. it. thynges faythe. Df mufe That mustarde sede, is a lyttel grayne, whyche ts hotte and dape, buto the iiii. degree, after Auicen. Secondly, he putteth. iti. pzopzetes oz Auicen.ifi effectes of mustarde lede. The fyzite is, it maketh ca. cap. de ones cies to water: foz by reason that it is verye Sinapi. hotte, it maketh subtile and leusethe the hump= dites of the branne: wherof thanne by thep; flo= wrnge to the cies, the teares come. The.ii.effecte is, it purgethe the brapne, and clensethe awaye the flematike humpoptes of the head. Also if it be put in to the nosethails, it purgeth g head, by teason that it prouoketh one to npse. And ther= fozeit is put in to they? nosethapiles that have the apoplerie, for the nespnge purgeth y brayne. And loke wyfe mustarde fede, by reason that hit is hotte, Doth distoluc and leufe suche flemes as Roppe the cundites of the branne: of whiche fo= loweth apoplerie: and thus it apperethe, that mustarde Yit

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Aui. loco preal. mustarde sede is a great leuser, consumer, and clenser of fleumatike humidities. The iii. effecte is, it withstandeth poyson: for Augcen saythe, that benomous wormes can nat abyde § smoke of mustarde sede.

Crapula discutitur, capitis dolor, atq, grauedo, Purpuream dicunt violam curare caducos.

The properties of piolettes.

Here the auctor reciteth. iii. propretes or effectis of violettes. fyzit, violettes delay dzonkennes, by reason that violettes have a temperate swete lauour, whiche areately comforteth the brayne. for a stronge brayne is nat lyghtely ouercome with daynke, but a weke is. Alsoo violettes be colde, wherfoze they cole the brayne, and so maketh it bnable to recepue any fume. The.ii. is, violettes flaken g head ache, and grefe that is caused of heate, as Auicen, Balis Alman, and Melue lav: for by reason that biolettes be colde, they withstande hotte causes. The.iii.is, violet= tes helpe them that have the fallynge syckenes. Thoughe some sape thus, pet this effecte is nat commonly ascribed buto biolettes. And therfore if byolettes have this proprete, it is but by reafon of they? swete smel, & comforteth the brayne: whiche strengthed, is nat hurte by small grefes: and consequently falleth nat in to Epilence (why= the is called the lyttell Apoplexie) chauncynge by stoppynge of the sensible senowes.

Egris dat somnum, vomitum quoq, tollit ad vsum. Compescit tussim veterem, colicifq, medetur.

Pellis

Pellit pulmonis frigus, ventrifq; tumorem, Omnibus et morbis subueniet articulorum.

Dere the auctour reciteth, bill. propretes of net= tpls. fpilte nettpls cause a spcke body to flepe. Fozit is subtiliative, and cutteth and scourethe fleine, and groffe humours, that greue nature, and lette flepe. Secondly it both away bompte. and custome therof: by reason that bompte and parbrakunge is caused of a clammye humour, whiche the nettell cutteth. Thyzdely, the nettell fordoth olde coughe: and specially hony, wherin nettel sede is tempered. Foz the nettel auopdethe clamp fleme oute of the brefte, as Rasis saythe. And Auteen Capthe, that the nettelle, whan it is Auten.if. dronke with water that barley is sodde in, dothe ca.cap. de mudifie the breafte, and whan the leaves therof vrica. is fodde in barly water, they drawe oute groffe humours, that are in the breake, but the sede therof is Aronger. Fourthelp it is hollome foz them that have the colpcke. for a nettel is a cut= ter, a subtiler, aresoluer, and a scourer of fiematike humidite, oz groffe bentofity, whiche en geoze the colike. The colike is a pepufull grefe, magutte called Colon, as the greuous dysease Iliaca, is named of the autte Ilion. Spftely, the nettell with his heate dipuethe colde oute of the lyghtes. Syxtly, an nettell aswageth Swellyng of the bealpe: for it resolutihe wynde: wherof most parte swellinge of the bealy cometh. The, bit. effecte ig, g nettell helpeth the difeales

Yiii i

in the iopntes, as the goute. This is of trouthe whan it cometh throughe mattier that is colde. fleumatike, and groffe: by reason that nettelles beate, cutte, and make subtile fuche mattier. And belydes thele effectis, after Auteen, the net= tell stereth one to carnall luste, and proprely the sede therof dronke with wone, openethe the clolynge of the matrice, and in leulynge drawethe out fleme and rawe humours, by his vertue abfterliue, and nat resolutive : pet leste takpinge of the nettell of the sede, hurte the theore, it is good to dynke after it, a lyttell ople Bosate. A nettell is hotte in the begynnynge of the. iii. degree, Anicen.ii. and daye in the feconde, after Auycen.

ca.cap.del Vrtica.

Hysopus est herba purgans a pectore flegma. Ad pulmonis opus cum melle coquatur hifopus. Vultibus eximium fertur reparare colorem.

Of plope. Here the auctour recitying the effectes of Alove. faythe, it purgethe the breafte of fleme; by reafon that Mope is an herbe hotte & daye in the.iif. begree, it is a great wpper, leufer, and confumer of fleumaticke humpdite: and hathe a synguler respecte on the partes of the brefte: and therefore plope moofte proprely is fappe to pourge the breafte of fleme. Decondelpe, it is also good to purge the lyghtes from fleme, for the fame caufe and proprely if it be fodde with hony: for hony is a scourer: and the plopes scourpnge is augmented with the bodies. The same wylleth Auycen, favenge: Flope comfozteth the breaft a lyghtes,

Au.ii.can. ca. de. his lopa.

Difea=

diseased with the coughe and tisicke of olde continuance, and lyke wise both the decoction theroformade with hony and fygges. Thyzdelye, ysope maketh one well colozed in the face. Hoz Auycen saith, that the dzinke therofocauseth good colour. And belydes these effectes, Isope auoydethe sleme and wozmes, as Auycen saythe. And after Platearius, ysope sodde in wine clenseth the mastrice from all superfluites.

Appositum cancris tritum cum melle medetur, Cum vino potum poterit sedare dolorem. Sepe solet vomitum ventrema, solutum.

This texte declareth thre operations of cherfyll. of cherfil. Typhe cherfylle flamped with hony, and layde plaister wyfe to a canker, healeth it. Thus faith Platearius in the chapter therof. A canker is a A canker. melancolpe impostume, that eatethe the partes of the body, as well fleshpe as senowy. And it is called a caker, bicause it goth forth like a crabbe. The.ii effect is, if cherfpl be dronken with wine, it healeth the ache of the bealy. foz it allwageth inflation that is caused of groffe bentosptye, wherof the ache cometh, and leufeth bentofpte of the stomake and all other guttes, and openeth Roppinge, and therbuto the wone helpeth. Thyrdely cherfyll cesteth bometynge, and the lacke: and by reason that it is hotte in the thirde degree, and day in the seconde, hit digesteth and depeth that mattier, wherof bompte commeth.

Ind this is verye trouthe, whan bomite of the lake

lafke come of coide fleumatike mattier. And be= sides these effectes, bit pronoketh brine and the menstruosptie, and as wagethe ache of the spoes and raynes, and specyalipe taken with Melly= cratum.

Enula campana reddit precordia sana. Cum succo rute, si succus sumitur buius. Affirmat ruptis nil effe salubrius iftis.

fca8 wourt oz Bozse Bele.

Effe bock Derethauctour declaringe two effectes of enula campana, fayth, it comforteth y harte ftrynges, that is, the bayinme of the somacke, whiche is properly called the harte strynges, or elles bitall membres, that is the wyndye membres, whiche be nere the harte, and specially the harte roote. That it comforteth the bypm of the stomake ap= pereth, in that the swete smellpng roote of enula coforteth the senowy membres. For the brymme of the stomacke is a senowy membre. That it comforteth wondy membres apereth: for wone made of enula, called Vinum enulatum, clenfeth the breafte, and lyghtes, or longes, as Aupcen fapth. Also enula swalowed downe with hony, helpeth a man to spytte, and hit is one of those herbes. that reiopce and comforte the harte. The.ii. effecte is. That the jeuse of this herbe, with the ieuse of tewe, is very holsome for theym that be bourfte, and that is specially whan the burftennes cometh by bentolite: for thefe two ieules diffolue that. And bespdes these effectes enula ts good for a stomake fylled with pl humours, and

ca. de enu 12.

it openeth opilations of the louer and fplene, as Rasis sayth. And it comforteth all hurtes, colde arefes, and motions of bentolites, and inflations, as Auicen fayth.

Cum uino coleram nigram potata repellit. Sic dicunt ueterem subtum curare podagram.

Here the auctour reberlynge two effectes of hyll worte layth, that pryncipally the water thereof A remedy taken with wyne pourgeth blacke coler. Secon= for coler. delve hyllworte healeth an olde goute . for the proprete of this herbe is to melte and dyffolue fleme, wherof verye often, the goute is wonte to be engendeed. And note, that after Platearius, hyllworte is hotte and drye in the thyrde dearee. The substance therof is subtile, the vertue com= fortable, throughe the swete smell, the substance therof openeth, and the qualities do drawe, the frepe substaunce of nature therof consumeth, by burnpnae, and dapenae.

Illius succo crines retinere fluentes.

Alitus afferitur dentifq curare delorem.

Et squamas succus sanat cum melle perunctus.

Dere thauctour reherspuge. iii. effectes of water cressis saythe, they retepne heares fallying away, if the head be announted with the tewfe therof. or elles if the iewle or water therof be dronke. This effecte Aupcen toucheth, savenge: The dipulyinge of annountyinge with watercreffes reteineth heares fallynge awaye. The. it. effecte is, watercreffes both cure tothe ache, fpecially if

mafer 1 creffes.

Aui.ii. ca. ca. de nas flurcio.

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the ache come by colde, for it percith, resolueth, and heateth, as apperethe at Cur moristur homo, Thyzdely, the leufe of warter creffe taken wyth hong, or the place announted therwith, both a= wave skales that cleue to ones skynne: by reason that suche skales be engendied of salte fleume. Watercresse, as is sappe, purgeth all seme: there fore if it be drounke, it relistethe the cause of fkales: and hony, whiche is a clenfer, helpeth moche therto. Belpdes these effectes, water cresses dipe bp the corruption of the bealpe, and clenfeth the lyahtes, it heatethe the stomacke and lyuer, and is holfome agepufte the groffenes of the splene, namely whan a playsfer is made of that and of hony, it causethe one to caste by coler, it aug= mentethe carnall luke, and by dissoluring auopa deth out wormes and prouoketh mestruosite, as Auicen favth.

Cecatis pullis, ac lumine mater hyrundo, Plinius ut scribit, quamuis sunt eruta reddit.

Dere the auctour layth, whan yonge swalowes be blynde, the damme bypngethe Celendyne, and toubbeth they? cpes, and maketh theym to see: wherby thauctour sheweth, it is holsome for the spekt. And this appeareth to be true: for comonly it is put in medicines agenth feblenes of sight. Celendyne hath ieuse, and is well knowen. And why swalowes knowe it better than other byrdes may be, because their yonge be oftener blind, swalowes donge doth make them blynde, and so the

Df celen=

the damme dongethe sometyme in the vonces eies, and maketh them blynde, And after Plate= ary, celendone is botte and day in the. iii. Dearee. Ind the qualites and lubstance therof bath bertue to distolue, consume, & drawe. And the cotes therof stamped and sodde in wyne, are good to purgethe head, and womans privite from broken morte humours, if the pacient recepue the smoke therof at the mouthe, and after garaple wone in the throte.

Auribus infusus vermes succus necat vsus, Cortex verrucas in aceto coctarefoluit, Pomorum succus flos partes destruet eius.

Here the auctour reherspage. iti. thynges of wi= lowe, faythe, the teuse therof poured in to ones eare, kylleth wormes: by reason of the stiptilite and depeng therof. Ind after Auten nothunge Auicen,ii. is better to heale matterynge at the eares, than ca. cap. de the ieuse of wyllowe leaves. Secondly, the rinde of wylowes, tod in bineger, both away wartis. And Auicen farth, wrlowe afthes with vineger drawethe by wartes by the rootes: by reason of To borde the affes behement dyeng. Yet to diftrop war= wartes. tes, nothpage is better than to rubbe them with Durflane. This the proprete and nat the qualyte of Burllane Dothe after Auicen. Thirdelve. ipplowe flowers and the jeule of the fruite ther= of, letteth the brith of a childe: for through stip= tifite and droughte therof, it causethithe chylde to be borne with great peyne.

> Confor a.tt.

moormes.

Aul. S.

Au.il.can. ca. de.por

THE REGIMENT

Confortare crocus dicatur letificando.
Membraq: defecta confortat epar reparando.

Of safe fron.

Auí. 2. cã. cap. de croco. Here the auctour layth, that lastron comfortethe mans body, in gladdynge it. And wytteth well, that lastron hathe suche a proprete, and if one take more therof than he oughte, it wyll kylle hym in reioisinge or laughyng. Auteen sayth, & to take a dramme and a halfe, wyll kyll one in reiogsynge. Secondly, sastron comforteth defectivue membres, and pryncipallye the harte.

It comfosteth the stomacke, with the stiptistice and heate therof: and for heam cause restoreth the lyner, for it will not suffer the lyner to be dissolved. Yet to be it overmoche, induce the parbyakinge, and marrethe the appetite. Of this Auteen warneth by sayinge: It cause the parbyeakinge, and marreth the appetite, bycause it is contrarge to the sharpenes in the stomacke, whiche is cause of appetite. Bespoes these properties, sassing maketh one to sepe, and oulleth the wittes, and whan it is dronke with wine, it maketh one dronken, it clenseth the eyes, and letteth humours to sowe to they m, it makethe one to brethe well, it stereth to carnall suste, and maketh one to pysse.

Reddit fecundas permansum sepe puellas Isto stillantem poteris retinere cruorem.

Of lekea

Here thauctor recitynge.ii. commodites of lekes layth, y ofte eatynge of lekes maketh yonge wo me frutefull, by reason, as Auicen saith, lekes di-

late

late the matrice, and taketh away the hardenes therof : whiche letteth the conception. Secondly Auicen,il. lekes finte bledpinge at g note, as Auicen fayth. can. cap. Many other effectes of lekes ar reherfed at Ale de portos leanux ruta. Oc.

Quod piper est nigrum non est dissoluere pigrum, Flegmata pur gabit, digeftinamq; innabit. Lencopiper stomacho prodest, tuffifq dolori

Vtile preueniet motum febrifg; rigorem.

Dere the auctour declaryinge many commodites of pepper, sayeth, that blacke pepper through the Pepper. heate and divnes therof, leufeth quickely: for it is hotte and dape in the thyade degree. Second= ly it purgeth steme: for it draweth steme frome the inner parte of the body, and consumeth it . Lyke wyse it auopdeth fleme out, that cleueth in the breaft and flomacke, heatynge, subtylynge, and dissolurnaeit. Thyadely, it helpethe dige= ftion. And Aufcen fapthe, that pepper digefteth Au.ii.can. and causethe appetyte, and specially longe pep= ca. de. pis per, whiche is moze hollome to digeste rawe hu= pare. mours tha epther white oz blacke, as Bal. fapth Gala de. Secondly, he declareth. b. hollome thynges of reg.fanita white pepper . fyzste, white pepper comfoztethe tis.cap.7. the flomache: foz Galen faith, that it comfozteth moje than the other two. Ind Aupcen fapthe, Ani, loco that whyte pepper is more holfome for the fto= preak macke, and moze behementely, Dothe comforte. The. ii. is, pepper is specially holsome for the sough, that cometh of colde fleumatike mattier,

Maronfie

a.ui.

for it heatethe, dissoluethe, and cuttetheit. And Auten fapthe, whan pepper is ministred in lec-Massian tuaries, it is holfome for the coughe, and aches of the breakt. Thirdly, whyte pepper is hollome for ache, and that is to watte of the breake, and bentours papne. And for that, al pepper is good, for al pepper is a dyminither a a boider of wind. And Auteen fayth, that white pepper and longe is holfome for pryckpinge ache of the bealy, if it bedzonke with hony and freshe baye leaves. Fourthly, pepper withstandeth the causes of a colde feuer, foz it digesteth and heateth the mattier. fyftely, pepper is hollome foz a shakynge feuer, by reason that the heate of g pepper com= forteth the senowes, and consumeth the matter fpzed on them, and Aucen faythe, in tubbynge it is made an opntemente, with buguentum, holfome agepuste chakpuge . These . b . p20p2e= tes are ascrived to the other kyndes of pepper,

as Auteen laith. And belydes thefe effectis, pep heateth the senowes and braunes of mans body, it mundifieth the lyghtes, and a lyttell proudketh the brine, but moche leuseth the bealy, as

laythe Auicen. There be. iii. fortes of pepper,

whyte pepper, called Lencopiper, longe pepper, called mocropiper, and blacke pepper called melan= copiper. Hit is called white pepper, that is berye grene and mouffe; and whan it is a lyttell dived and nat perfectely ripe, it is called longe pepper. But whanne it is perfectely type, it is called

blacke

Agevnfte the Bealy ache.

reg famila

riskyap.Z.

de porcei

blacke pepper.

Et mox post escam dormire nimifq moueri.

Ista granare solent auditus ebrietasq.

Dere the auctour reciteth.iii.thynges that greue wurfulfe the herynge. The fyzite is immedyate flepe af= tothe hos ter meate, and that is if one eate his fplle. foz *pnge. the immediate sleps well not fuffre the meate to diaeste, and of meate budigested are engendzed groffe budygested fumes, whiche with they? arostenes stoppe the cundytes of heryinge: and they engroffe and trouble the sprites of hering. The. ii. 15, to moche moupinge after meate: foz that also letteth digestion, and the due chuttynge of the flomackes mouth: by reason that than the fomackes mouthe closeth not so easely, as by a littel walkinge, wherby the meate discendeth to the bottum of the stomacke. For whan the stomake is not thutte, many fumes ascende to the head, that greue the herynge. The thyzde is dronkennes, wherof many funies and bapouts are engended, whiche ascende to the head, and organ of herynge, and troubleth the forte ther= of, and greueth the herpnge. And donkennes both not onely hurte the herynge, but also the spatte, and all the sences, for the same cause as is before sappe. There be thre thynges, as Aui- cap. 2.de cen faythe, that hurte the care and other fenfes, confe. falothynge, repletion, and flepe after repletyon, nic. auris. And some texte hath this berse : Balnea, fol, vomitus affert repletio clamor, pobiche thonges greue the

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the herynge, but specially greate noyse. For Autcensaythe, if we wylle here well and naturallye, we must eschewe the son, laborious baynynge, bompte, greate noyse, and repletion.

Metus, longa fames, uomitus, percussio, casus, Ebrietas, frigus, tinnitum causat in aure.

Here the auctour recytethe seuen thynges, whi= che caule a humpnge and a nople in ones eare. The fyzite is, feare, and after some, mocyon. The cause is, for in feare the sproves and hu= mours crepe inwarde toward & harte fodaynly, by whiche motion ventolitie is lyghtlye engen= dzed, whiche entrynge to the ozgan of the hearynge, causeth tinginge and ryngyng in geare. By copposall mounage also humours and spiry= tes are moucd, of whichemotion bentolitie is lyghtlye ingendeed, whyche commungs to the eares causeth ryngynge . Foz ryngynge is cau= fed through some mouping of the bapour or ben= tolite about thougan of the herynge, mournge the naturall appe of those pypes or organs contrary to they? course. The seconde thing is great hunger, Auicen Chewethe the reason sapenge: that this thrnge chaunceth throughehumours spredde and reftynge in mans bodpe. for whan nature fyndethe meate, the is converted buto them, a that resolueth a moueth them. The third is bometynge: foz in bometynge, whyche is a laborious motion, humours arespeciallye mo= ued to the head. In token wherof we fee the eies anb

Auic.4.3.

and face come redde, and the frahte hurte. And thus allo by bometrage, bapours and bentofi= tes are foone moued to the organ of the berring. The fourth is beatynge aboute the head, speci= ally the care. For therby chaunceth behement motion of the naturall aver, berngem thozgan of the herrnge. For whan any membre is hurte, nature immediately fendeth therto wynde and blud, which two be the instrumentes of nature, by whiche than, motion is caused in the eare. The. b. is fallynge, specially on the head, for the fame caufe that is the wed of beatpuge. And of a falle, what ever it be, a mounng of the humours is caused in the body. The sprie is dronkennes. For Dronkines fylleth the head with fumes and bapours, whiche approchange to the organ of the herringe, troublethe it, and maketh a nople in the eare. The bit is colde: for by great colde the organ of the heryinge is febled. wherfore of a smal cause by colde, ryugping in the eare chan= ceth, for great colde caufeth bentofites. And tin= apage in the eares chaunfeth not onely by thefe causes, but also by manye other, as of ventospte engendzed in the head, and therin moued, ozels by foune of matter and corruption engended in the eare, or elles by motions of ventofptes, chaspinge ofte tymes in the openinge of the eare, as including they that have an aque: o; by the greatte repletion of the bodye, and moofte specially of the head, or by some clammy matter resolued into a lottell

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lyttell ventospte: or by medycynes, whose proviete is to retarne humours and bentolptres in the partyes of the branne, as farth Aurcen,

Balnea, vina uenus, ventus, piper, allea fumus, Porri, cum cepis, lens, fletus, faba, synapis, Sol coitus, ignis labor, ictus, acumina, puluis, Ista nocent oculis, sed vigilare magis.

popi thons ges burte spes.

here the auctour reherfeth, ext. thynges hurtefull to the eyes. The fyzite is baynynge, whe= fuer to the therit be mouste or dive, called hotte houses. for bayinginge areately heateth the eyes, and fo huttethe they? complexion, for the eyes be natu= rally colde of the nature of water. Secondely. bapupuge drieth and resolueth the subtile humt-Dites of the cies, with whiche the lyghty spirites that are frery, hulde be refresched a tempered. This hath made many one blynd in Almanne. where as they ble many barnes, Thotte houses. Lyke as in Holande are more lepres than in any other countre foz faute of good gouernaunce. The. ii. is wyne, bumoderately taken: for that feblethe the cies a fraht: by reason that it folleth the head with fumes and bapours, whiche dull all the wyttes. The thyide is over moche carnall copulation, whiche all phylytians lave, feblethe moche the fraht. And Ariftotelnoteth the caufe: problema foz by carnall copulation, that that is behoue= full for the eies, is taken aware. There muffe be in the cies morste watterpshe subtplytpe, whiche fortifieth the visible spirites. for the eie is naturallp

cally morfte. And therfore Ariftotell farthe, the Ariftings. eies be of the nature of the water. But whan fu & fefanatural mopftures are drawen and boyded out, to. Er.v.de the body wareth day, and witherethe awaye: the ge.anima. epes lose they? propre nature, whyche they retepne and kepe by humidite: and not without a cause: foz by fiery spirites, whiche are in moche mouynge, the lyghte wolde banylheaway, ner that it were succoured with mopfture. Thus it appereth plannely, that carnall copulation, by drawinge awaye the mortines, dryethe up the Superpour partes of man, whereby the gupcke spatte is hurte. The.iiii.is wond, and specially the fouthe wynde. For Hippocrates faythe: the Hippo. 30 fouthe wynde is mystye, and dusketh the eyes: phorisillo for that wynde fylleth the head with humidites, Auftrini which dulle the wortes, and darke the lyghte. The. b. is pepper, whiche througher harpnes therof, engendzethe fumes that byte the eyes. The. vi. is garlyke, which also hurteth the eyes throughe tharpenes and baporolite therof, as is fand at Allea nux ruta. &c. The bit. is finoke, whi= the hurteth the eies, throughe the mordication and depenge therof. The, bili is lekes: for by eatynge of them, groffe melancolpe fumes are engendzed: wherby the spatte is shadowed, as is before lapde at Alleanux ruta. &c. The.ir.is op= mong, the eatynge of whiche hurtethe the eyes, throughe they? Marpenes. The. r. is Lens, the moche eatyinge wherof, as Aupcen faythe, dufkethe bit

keth the light, throughe the vehement devenge therof. The. ri. is to moche weppinge: whiche weaketh peies, fozit causeth debilite retentque of the cies. The rii, is beanes, the ble wherof engendzeth a groffe melancoly fume, darkynge the visible spirites, as lekes do. And therfoze the eatynge of beanes induseth diedefull dieames. The ritt is mustarde, the ble wherof feeblethe the spatte throughe his tartenes. The. rini is to loke againste the sonne: and that is through the behement splendour and bypahtenes ther= of: whereby the spatt is distroyed, as appereth by experience. for the behemet sensiblenes of a thynge, nat proportioned to mans fenfe, as the fonne beames, corrupte mans fenfe. The. rb. is to moche carnall copulation, and specially after great fedynge or repletion, or after greatte boy= dynge or emptines, but this is al redy declared. The rvi. is frze, the beholdenge wherof, caus feth behement dapnes in peies, and so hurtethe the frate: and eke the birghtenes therof burteth the eies. And therfore we le commonly, that Impthes, and fuche as worke before the frie, be redde eied and feeble spatted. The rbif. is to areat laboure, for that also depeth behementely: The rbiii. is imptyinge boon the cies, whyche hurteth the fratte, foz it makethe theym bludde Motte, a troubleth & visible spirite, a other while engendieth impostumes. The rig. is to moche ble of tatte of harpe thonges, as fauces: and that

Aui iii tra

that is throughe the tertenes of fumes of theym engendzed. The rr. is duste, or walkpinge in dustre places: in whiche, duste fleethe lyahtely in to the cies, and dusketh the syahte. The. xxi. and aboue other hurtefull to the eics and lyghte is to moche watche: for to moche watche induceth to moche divnes in the cies. Ind generally all repletions hutte the eies: and all that dayeth by nature: and all that troubleth the bloudde, by reason of saltenes of tharpenes. All donkennes hurtethe the cies: Uometynge coinfortethe the lyghte, in that it purgeth the fromake: and burteth it, in that it moueth and driveth the mat tiers of the branne, to the eies. And therfore pf it be nedefulle to spue, it muste be done after meate without constraininge. Also to moch slepe incontinent after meate, and moche bloudde lettynge, and namely with bentofites, hurteth the spatte as Aurcen sarthe. eta iiii, cap

Feniculus, verbena, rofa, celidonia, ruta,

Ex istis fit aqua, que lumina reddit acuta.

Dete thauctour reciteth. b. herbes, whole water To clarify is very hollome for the lyghte. The fysite is fe the eyes. nel, whose tupse put in to the epe. Charpethe the lighte, after Ralis. The it. is Uerueyn, where of the water is of many philitions put in receptes hollome agaput feblenes of lyahte. The.iii. is Rose water, whiche dothe comforte the lyuely spirite and syghte. The titles Celendine, whose ieule is citrine, it is called Colidonia, that is, apa bitt uinge

THE RECIMENT

upnge celestial apftes. The b.is rue: the water of those two herbes is hollome for the lighte, as philitions commonly laye.

Sicq; per embotum fumumq; cape dente remotam.

Sic dentes serua, porrorum collige grane. Ne careas iure cum iusquiamo simul ure.

Bere thauctour recitringe certerne medicines for for tothe tothe ache, faythe, Lykes fede and Benbane but ned together, is good for the tothe ache. must be mynistred on this wyse: the teuse of hen= bane with the leke sedemuste bebourned toge= ther: and the smoke muste be recepued throughe a fonell, on the froe that the ache is. The bertue of the Henbane taketh away the feelpinge of the pepne. And the bertue of the leke ledes fume kil=

lethe wormes, whiche other whyle lyenge in the concauites of the tethe, cause intollerable peyne,

Aulcen.ii. că.cap. de porro.

ache.

Nux oleum, frigus capitis, anguillag, potus,

as Aurcen saythe.

Ac pomum crudum faciunt hominem fore rancum. This texte declarethe. bi. causes of hoozsenes. The frafte is eatrnge of nuttes, for nuttes dipe moch: and therfore they asperate the voyce, and make it lyke a cranes boice. The.ii. is oyle, the ble wherof map engendze hozlenes: foz some par tis therof cleue falle to the pype of the lyahtes. caulpinge hozines. Secondly, it maketh colerphe folke hoorle, by reason pi them pople is lyghtly instamed, and so the instammation causeth exasperation and hoose senes: but the fysite cause **Cemeth**

femeth better. The thyzde is colde of the head. for colde of the head dothe presse together the branne, whereby the humours discende towarde the throte, and the pype of the lyghtes : and en= duceth hoozsenes, through to moche moulines of the pype. The fourthe is eatynge of yeles: foz the eatynge of them multiplyeth clammy fleme, which compage to the lyghtes, flicke there ftyll, and cause hoozsenes. The syste is, over moche daynkunge, specially towarde bedde. for than the behemente wetting of the pype of the lightis dothe chyeffy cause horsenes of the bopce, as all physptyons save. The syrte is rawe appulles, foz by reason that they be rawe, they encreace fleme: and if they be not type, but Marpe and fower, they make the throte roughe.

Ieiuna, uigila, caleas dape, valde labora.
Inspira calidum, modicum bibe, comprime flatum.
Hec bene tu serua si uis depellere reuma.

Si fluat ad pectus dicatur reuma catarrus. Ad fauces branchus, ad naves esto corifa.

Here thauctor declareth seuen thinges that cure for the reume. The fyrste is abstinence from meate, reume, or fastyng, for therby the matter is diminished, for abstinece drieth, and the matter is better ry ped and consumed: for whan nature fyndeth no matter of foode wheron she may worke: she worketh byon reumatike matter and consumethe it: and so the head is less filled therwith. Wherfore Augeen sayth: that a man haupnge the catarre or the

felfe with meates. The it is watche, for watche directly the branne, and withstandethe that the

bapours ascend not to the head. The iti is hotte meates and dipukes: for with they heate the colde water of the reume is dygested. The titi. is to labour moche: for therby the mattier reumatickets confumed, by reason that moche la= bour depeth by the superfluities of the body. And in fede of valde, fome textes have vefte, and than the fentence is, that warme garmentes is hollome for the reume, specially whan it cometh by colde matter. The fyft is insprynge of hotte aper, and specially if the catarre procede of colde mattier: forby breathyinge of warme aper, the mattier is warmed and reped. The forte is to dipuke lytel, and to endure thirlt: for therby the reumatike matter is confumed. for lyttell byn= kynge fylleth nat the head, as moche dipukinge Doth. The. vit. is to holde ones breath: for that is specially good in a catarre caused of a colde mattier: By reason that this holdpinge of the breath, heateth the partis of the breaft, and foo the colde fleumatike matter, caulpnge the catar. Auf loco. is better digested. Amcen rehercinge these thinges fapth. It behoueth to kepe the head warme continually. And also it must be kepte frome the nothe wonde, and namely after the fouthe. for the fouthe wynde repleteth and maketh rare. The northe wynde constrayneth. Also he muste

Dzinke

preal.

\$40 ffp

Olime.

anon shill

divise no colde water, nog flepe on the day time. De mufte endure thyafte, hunger, and watche. as moche as he can : for thefe thynges in this fockenes are the begrunninge of helthe. farther more Rafis byddethe hum that hath the teume, Rafis. zak to be ware of ivenge bp rpaht. for by ivenge bp= evalt the reumatike matter floweth to the hous der parties of man, where as be noo manifeste issues, whereby the matter may boyde oute. Therfore it is to be feared, lest it flowe to the fenomes, and cause the crampe of palley . Ind lyke wyle he ought betterly to fozbeare wyne : foz where is bapozous, and in that it is bery botte. it dissoluethe the mattier, and augmenteth the reume. And lyke wife he muste not sande in the sonne or by the fyre, for the sonne and fyre leufe the matter, and augmenteth the reume. In the last two beries thauctour putteth dyfference betwene thefe thre names, catarrus, branchus, & corifa, And the differece fandeth in the matter flowing to one parte of an other of the bodge. Whan the matter conneth to the breaft partyes, it is called cutarrus, whan it runneth by the note, it is called corifa, whan it runneth to the necke, it is called branchus . But this worde reume dothe note and franify generally all maner of matter flowinge from one membre to an other. In a mod a us mul

Auripigmentum sulphur miscere memento. His decet apponi calcem commifce faponi. Quatuor hec misce, commixtis quatuor istis

Fiftu=

allina

THE RECIMENT

Foz the fiftule.

Malis.g.alls

Fistula curatur, quater ex bis si repleatur. Dere the auctour reherspinge a curable medicine for the fystule, saythe: that a playster made of Auripigmentum, Bapmitoone, whyte lyme, and Sope, myngled to gether healeth the fpffule. Jog thefe thyinges have bertue to dipe and mun= difie: whiche ententions are requilite in healing a fistule . Plateatie fapth, Auripigmentum is hotte and dape in the fourth degree: it dissolueth and deaweth, columeth, and mundifieth. Bapmflonne and Sope as he farthe, are hotte and dipe, but barinstone is more behement, for it is hotte a drie in the fourth deare, but sope is not. Auteen faith that lyme walked, depeth without mordication, and maketh fleddy. The fystule is a counnynge Toze, whiche auopoethe mattier moze oz leffe, af= ter the diverlite and course of the moone. Auri= pigmentum is that that gravers facten bras and

Oßibus ex denis bis sentenisq; nouenis;

metalles with to stoones.

Conftat homo denis bis dentibus et duodenis.

Extricentenis decies sex quinqueq; venis.

Here thauctour nombreth the vones, teethe, and vernes in mans body. Frite he farth, there be Chrix. bones. Yet after the doctours of philike, as Hippocrates, Galen, Kalis, Auerops, and Auicen, your of bones in made. Christic. And though herin be variance, pet there is a marker of physlicke that farth, Offa ducenta funt any quater duodena. Secondly that ictour farth, that a man moofte

come

The nome bre of trife.

cant1

The nom

Mes.

commonly fluide haue . errit tethe . But vet it chancety, that some lacke, iiit. of the laste tethe. whiche be behynde them that we call the arons ders : and thefe haue but . rrbui. tethe. Some lacke thefe. iiit. lafte tethe in chride hoode onely. some other lacke them tol they be bery olde, and some all they lufe. Dere is to be noted, that after Aufcen, the it. formolte tethe be called dudes and two on eptherspoe of these twanne, are calledde quadrupli . There be. ii. in the opper fame, and. if. Aui.idoc. in the nether: al these tethe be orderned to cutte, v. cap. de and therfore some call theym cutters, and specially o duales. Derte buto those quadruples, are it. tethe aboue, and it beneth, called canini, whose office is to breake harde thinges. After those be tiit . other on epther fpde called gapnders . iiit. a= boue and . iiii beneth . After thole some haue a tothe called fensus, on epther spde, and as well as boue as benethe. These also are ordepned to arindemans meate. And so theholle numbre of the tethe is. rrii. or els rrbiii in them that have nat the tethe called fensus. There is than . tit. duales, titt quadruples. titt. Dogge tethe. pbi. gryn= ders and tit, sensus, Thypdely the texte saythe that there is in man, CCClrb. bernes, as appea ceth in the nothamies and sold of midenting

Quatuor humores in humano corpore constant.

Sauguis cum colera, flegma, melancolia.

Terra melan, aqua fleg, et aer fanguis, coler ignis, Dere thauctour declareth the im humours in lancolp. C. II. man

denrium:

Adition i.csp. Es

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man, as Bloud. Fleume, Coler, and Mclancoly. And the wing the nature a complection of them, he compareth ethe to one of the . iiu. elementes. Melancoly is cold and day, and so compared to the erthe, whiche is of lyke nature: fleme is colde a moyle, and so compared to water. Bloud is hotte and moyle, and so compared to the arer. Coler is hotte and day, and so compared to fyze. These thringes are declared in these verses.

Dunidus eft languis, calet, eft vis aeris illi. Alget, bumet flegma, fic illi vis fit aquola. Sicca calet colera, fic igni fit fimulata. Welancolia friger, ficcar quafi terra.

Aui i.doc.

Soblink.

sb. ggs v

dions.

dentiam

for a farther knowlege witteth well, that after Aufcen, ther be lini humours in mans bodpe, Bloud, fleme, coler, and melancoly, as is fayd. The best of them is bloudde, friste by cause it is the mattier of mans spirites:in whom consisteth mans life and operations. Secondly bycaufe it is comfortable to the principles of lyfe, it is tem= perately hotte and moufte, Thribely breaufe it restoreth and nourysheth the body more than the other humours. And it is called the treasure of nature: for if it be lofte, Deth foloweth forthe with. Repte to bloudde in goodnes is fleume. frifte by reason that if nede be, it is apte to be tourned in to bloudde. Secondly bycause it is bery nere like humidite, whiche is as fundation of lyfe. After fleme in goodnes is coler: whyche is prener with natural heate foo longe as it ke: peth connenient measure. Than followeth mes lancoly. 133 2 3 STEELS IN

lancoly, as dreages and durte removed aparte from the paperciples of lyfe, ennemy to tope and lyberalyte, and of nere kynred to age and dethe. Secondly note, that in the diuffion of humours there is, ii. kyndes of bloudde, that is to fay, na: turall and bunaturall. Paturall bloud, that is to fay, beyne bloudde, is ruddy and obfcure: and artery bloude is ruddy and clere: without plas uour, and in comparison of other humours, it is very swete. De bunaturall is . ii . soztes : the one is bunatural in quantite, that is to fap, whi= che is changed from good complection in it felf. ozelles by mynglynge of an nother humour. There is an other bunaturall bloudde, whiche throughe mynglynge of other humours, is pll bothe in qualyte, lubftance, quantite, and in p20= portion of the one to p other. And this is double, for the one is nat naturall by mynglynge of an pll humour, that cometh to hym frome without. The other is bunaturall by mynglynge of an pl humour, engendeed in the felfe bloudde: as whan parte of the bloudde is putrified, and the fubtile parte therofis turned in to coler, and the groffe parte in to melancoly: ozels in to coler, 02 melancoly, ozels both remanneth in the bloud. And this binatural bloud, by mynglynge of an vil humour, varieth from naturall bloud many wapes . frifte, in substance: for it is groffer and fouler, foth melacoly is monaled ther with : ozels it is more fubtile, whan wattrpfhenes or cutine colen c. ill.

coler is appropled ther with. Secondly in colour. for some tyme whan seume is myngled there with, it encloneth to whitenes, or throughe mes lancoly to blackenes. Thyzdly in lauour: foz by mynglynge of puttified humours it is moze Appkynge: ozelles by mynglynge of tawe humours it hatheno fauour. Fourthly in talage, for by mynglynge of coler it enclyneth to bytternes, and by melancoly to lowernes, or by fleme to busauerynes. Also offieme there be two kyn= des, naturall and hunaturall. Paturall is that whiche within a certagn space wyll be bloudde, for fleme is budigested bloudde. Ther is an o= ther space of fleme, which is swete and somewhat warme, pfit be compared to the bodyly heate. But comparynge it to ruddy bloudde and coler, it is colde. Fleme is naturally whyte: and this is called Iwete fleume, extendence this name Iwete to all the talages delytynge the taste: foz other wyse the naturall fleme is not swete: but busauery and watryshe, and very nere & talage of water. And to this fleume, nature hathe nat apuen a propre mantion, as Me hath done to colet and melancoly: but nature maketh it ronne with the bloudde, for it bathe a very nere simplitude to bloudde. And of this fleme there be, it. necessites and one btilite. The fyzite necessite is, that it be neve the membres, so that their vertue mape digest and tourne it in to bloud : and that g membres by it maye be nourylhed, whan they baue .111.3

baue lofte their natural foode, that is for to fap good bloudde, throughe restraynte of materiall bloudde, whiche restrarnte is caused of the sto= macke a lyuer, through some causes accodentall The second necessite is, that it mingle with the bloudde, and make it apte to northe the mem= bees of fleumatike complection, as the bearne. and nuche: for that that muste nourpsihe these membres, mufte be well myngled with fleme. The btilite of fleme is that it mopfle the iopntes and membres, that move moche, left they ware dep through the heate that cometh of they? mo= upng and cubbyng. Unnaturalle fleme may be beuided. fyzite in his fubstance: & fo fome therof is muscillaginosum, and that is fleme, to ones le= mpnge, divers, for in some parte it is subtyle and thynne, and in some other groffe and thycke: it is called muscillaginosum, bycause it is lyke muscilages, diamen out of fedes. There is an other fleme that appereth egall in substance, that is in subtylite and groffenes, to ones demynge: but for a trouthe, it is divers in every parte : this is named raive fleme. And this encrealeth in the Romacke and entraples . And to anopde it out of the stomacke Hyppocrates byddeth bs to spewe twyle a moneth, and to bopde it oute of the guttes, nature hath orderned coler to rounne from the chefte of the galle to the entraple leiunium, and fo forth to the other lower guttes, to scoure away that fleme from the bymmes of the entraples, and

and to caufe it to discende downe with the other dregges and fylthe. Some tyme this fleme is encreased in the bernes, specially of olde folkes by inputhy nae of their dyaestion, and there remapnyng.is by littel a littel augmeted a engrofled, thurteth nature, which can not by the beines therto ordepned, boyde it out, pet it doth that is possible to kepe it from the harte, and other inwarde membres, and drpueth it to the outewarde membres, and specially to the legges: for by the heupnes therofit draweth naturally to the lower partes of man . And this is the cause why olde folkes legges are swollen, and that if one presse downehis fynger therin, there targeth a hole, specially towarde nyahte, and in fatte fol= kes & suche as were wonte to be nouryshed with mopfie meates. There is a nother fpice of fleme berpe subtyle, and watterythe, lyke buto water, and some what thicke: This fleme is bery often myngled with their spytylle, that have yll dige= ftion, and of those that be greatte dynkers : it counneth frome the brance to the note, as it is wont in the bearining of the pole, and whan by decoction and boplyinge in man, it cometh groffe, it is tourned in to fleme, groffe, whyte, and mus cillage. There is an other fleme, groffe, & whyte. called Gipseum, the subtile parties of this fleme is discolved, through longe brownge in the iopn= tes: and the groffenes therof remayneth in the ioputes as barde as flones. This fleme engen-Dzeth

bieth the goute bucurable. There is an nother deme thecke and groffe, leke to molte glaffe, in colour, clammynes, and weight. Decondly bunaturall fleme dyfferethe in talage: for there is certapne fleme, that is Iwete, whiche is by mpn= alonge of bloudde with fleine. And bnder this is contenned the buctuous fleme, whiche is engedzed by mynglyng of buctuous blud & fleme. There is an other maner of busaucrye fleme, caused of rawenes, as certapne glasspe fleume. There is an other falte fleume, caufed by mpn= along of coler. And this is more bytynge, dreer. and lyghter, than any other fleme, through the coler mynaled therwith, whiche is dane, lyahte, and harpe. In this fleume is ofte founde in they? Romakes, that be fleumatike, that Daynke moche stronge wone, and that ble falte asharpe meates, and clenethe to the flomacke, & caufeth otherwhole theate intollerable: and runnpage by the nutres, hit fometome fleethe theom, and caufeth the blouddye menfon : and in the foudes ment ofte tymes induceth fronge coffpuenes. di There is an other flome that is hatpe by mpn= glynge of Charpe inelancoly therwith: and some tome, throughe boplyinge of fleme, as hit chanceth in the swete teuses of frutes, & tyalte boyle, and after ware type: and this fleume apperethe oftener in they? stomackes, that orgest yil, than inother partes. For naturally coler floweth to the mouthe of the fromake, to free up the appetite. SOIT

tite : whyche descendynge downewarde, some tyme myngled with fleme, makethe bit fomer. and this is percepuedde by fower belchyinges. And other whole this fleme is ingendeed in the Stomake by boylynge with a weake hete. There is an other steme called pontike, whiche is fome time caused by mynaling of pontike melancoly. But this is feloomer by reason that pontike me= lancoly is bery scarce. Dit is some tyme caused throughe behement coldenes therof, wherby the morftenes therof is congepled, and some what altered to erthynes, and ther byon commeth noo weake heate, which eaufunge it to bople. Chulde connetteit in to Charpenes: nor no firong heate whichediaestinge it, shulde torne it in to bloud. There beitikindes of coler, natural a bnatural. Unnatural coler is the forme of bloudde, whose couleris endoy and clere, that is, citrine, in the laft begree of citvines, as faffron hedeas, and it is lyahte and charpe: and the hotter, the more reddeit is. And after this coler is engendzed in the head, hit devideth in two parties, one parte noth with the bloud in to the vernes, the other notheinto the purce of the gall. The parte that gothe with the blud, entreth ther with bothe for necessite and profite. Ditis nedefull that it myn= ale with p blud, to nozifhe the colerike membres. Dit is behoueful, that it make the bloud fubtile. and cause it to entre into the bernes. The parte p goth to the putte of the gall, gothe cke thether E02

for necessite and profite. The necessite is bouble. The one is nedefull for all the body, to mundifie it from colerike supfluites. The other necessite is in respect of the galles purle. The profite also is double. The oneis to washe pentrailes from Dregges and clammy fleme, cleupinge to theym. The other is to pincke the autres and musculs, that they may fele the thynge that burteth them, and poppeall other fylthines. The profe of this is, that colycke chaunceth often tymes by ftop: ppnge of the hole that cometh from the purse of gall to the guttes. Unnaturall coler is bouble. Foz one is bunaturall through outwarde cause mpnaled therwith. The other is bunaturall throughe a cause in hit selfe : for the substaunce therof is nat natural. Color bunatural through an outwarde cause, is another knowen and las mous : Eit is that that fleume is myrigled with And hit is called famous or notable, by reason that it is ofte engended. And of this kynde of coler commeth the thyade, that is well knowen. There is an other that is lefte famous, and that is it, wher with melancoly is myngled. famous colet is epther cottone. and endendeed by myn= alpage of subtile fleme with naturall coler, ozels it is polkpe, lyke to polkes of egges, and is engeozed by inpugiping of groffe fleme with naturail coler. Coler of leffe fame is caused, it, ways. Due is whan the coler is bourned in it felfe, and tourned to asper, from whiche the subtile parte madui DI

of the coler is nat seperated, but myngled there with. And this coler is the worfte. In other is whan melancolve comethe from without, and monglethe it with the coler. And this coler is better than other, and is ruddy in colour: it is nat clere nor flowinge, but more like to beine bloud. This bunaturall coler having his owne propre lubstance, without mynglynge of any o= ther humour, is often engedred in the lyuer : by reason that the subtilnes of the bludde burnethe it felfe, and tourneth into coler, and groffely in comelancolp. Another coler there is, engendred in the stomake of pil meates nat dygested, but corrupted: or elles it is engendred in the bernes by other humours. And of this coler be in kyndes. for one is called coler prastine, lyke the colour of the herbe called Draffion: whiche is en= gendred of the volkynes whan it is bourned: for burnpng causeth a polky blackenes in the coler, which empnaled with coler citrine, engendzethe a grene coler. The other is called ruthy coler, like to rufty von and hit is engendeed of Paffine, whan praffice is bourned only tyll the humidite therof be daped awaye: and of the dapnes begins neth to ware white. And thefe. it lafte colers be pl and benomous, pet rully is the worle. or all

The wafe there be, ii, kyndes of melancoly, naturall & bunatural. The naturall is the dieg: ges & superfluite of good blud, whose talage is betwene swete and potike. And this melancoly, HIG

whan

whan it is engended in plouer, is parted in. it. partes. Of whiche one entreth with the bludde, and therwith remarnethe in the bernes. The other is convered to the Cplene. The fyzite parte entreth with the bloud, for necessite and profpte. Dit is nedefull that it myngle with the bloudde, to nourithe the melancoly, colde, and day mem= bres, as the bones. The builte is to make thicke the thome blud, to Ante the superfluous coun= nonge therof, to make it ftronge, a to ftrengthe these mebres, in to whiche it muste be converted. The other parte, that neveth no bloudde, gothe to the splene bothe for necessite and profite. The necessite is double, one briversal through out & body, to purge it of melancolious superfluite. The other is but particular, onely to gouerne the splene. This melancoly is also profitable for mans body, for it connethe to the mouthe of the Comacke, Craynynge out the humidites, that it fyndeth there, as a woma strapnynge a cowes duggis, draweth out the mplke. This btilite is double. fryste it conftravnethe, thyckethe, and comforteth the formacke. Secondly by reason & the egernes therof moueth the mouth of the Romacke, it makethe one to have an appetyte to meate. Unnaturall melancoly is as a thyinge bourned of alles in respecte of other humours. Of this there are, iiii famous kyndes, though there be many nat famus. The full is alles of coler:and this is bitter. The.it.is aftes of fleme D itt dian and

and if p fleme that is bourned were bery fubtile

and watterplie, than the melancolve therof engendzed wpil be falte in talage. But if the fleme be groffe that is burned: than the affies therof. of the melancoly of it engended, enclineth to lowernes of ponticite. The livis albes of bloude, and this melancoly is falte, a lyttel inclynyng to (wetenes. The.iiii. is albes of naturall melancolp. And if naturall meniancolp, wherof lo euer it be, be subtile, than it will be verye sower. And whan it is caste out byon the grounde, hit boyleth and lauozeth of the aper, a cauleth both flyes and beaftes to boyde the place. But if the natural melancoly be groffe, the bunatural there

of engendzed, Chall not be fower. - Natura pingues isti sunt atq iocantes. 1 19410 31 IR Semper rumores cupiunt audire frequentes. Hos Venus et Bacchus delectat fercula rifus, Et facti hos hilares, et dulcia nerba loquentes. Omnibus studiis abiles sunt, magis apti. Qualibet ex causa, nec hos leuiter monet ira, Largus, amans, hilaris, ridens, rubeig coloris. Cantans carnofus, fatis audax, atq. benignus

Sangume othes.

Bere thauctor teachpnae by to knowe fanquine folkes, farthe, that a fangurne perfone is naturally fatte. 23 ut we mave not buderstande, that langupne folkes be proprely fatte: for that is a token of a colde complettion, as layth Unicen. doc.3.ca.3 But they be fatte and fleshy withall: for fatte in langupne persones is taken for flelhye. Auiten

m o

Saptb

faith, that abundance of ruddpe flethe and ftiffe, fignifieth a hotte and a moult complection, as a langume person is. for the abundance of rudop felbe, witneffeth fortitude of vertu alfimilatine. and multitude of blud, that worke and ware by beate and mopfture, as witneffeth Galen faiena, Chabundance of flethe is engendzed of thabun= Dance of bloud. for heate perfectly digettynge, and the lake bertue to flelle makethe the flelle falt and Apffe. Alfo Auycen farth, euerre fleshpe body withoute abundaunce of fatte and greace, is langupne. Wherto Galen affenteth. Second: Gal. 2. regi lp, the fanguine persone is merp and tocunde, gis to fay, with mery wordes he mouethe other to laugh: oxels he is gladde, through benignite of the langupne humour, prouokpage a man to gladenes and tocundite, throughe clere and perfecte spriptes engendred of bloudde. Thyrdly he gladly hereth fables and mery sportes, for the same cause. fourthly he is enclosed to lecherpe. through heate and moplines, prouokinge to car= nal copulation. fyftly, he gladly daynketh good wone. Spetly he deliteth to fede on good meate, by reason that the sanguyne person despreth the mostlike to his complection, that is good wines a good metes. Seuenthly he laugheth lyghtly, for bloudde proudketh to laughpinge. The bui. is, the langupne personne hath a gladsome and an amiable countenance, through lyuelynes of colour and farzenes of complection, The ix is,

he speaketh swetely through amiablenes of fangupne nature. The.r.is, he is apte to lerne any maner of science, throughe lyuelynes and perspicuite of his wytte. The. ri. is, he is nat lyght. ly angry, and this cometh through morfines a= bating the feruour of coler prouoking to anger. The last. ii. berses recite some of the forsayd to= kens, and also some other. fraft, a languine per= fon is free not couctous but liberal. Secondely be is amozus. Thrzoely, he hath a mery counte; nance. Forthly he is moofte parte smylynge, of all whiche the benignite of the blud is cause and prouoker. Syftely he hath a ruddy colour. for Aurcen farthe, that ruddy colour of the farme. franifieth abundance of blud: And this must be bnderstand of bepaht ruddy colour a not darke fuche as is wont to be in they, faces that dipuke Aronge wones abundantly, and that ble fauces & Charpe fpices, for fuch colour figuifieth lepre to come. Sixtly, he gladly fyngeth and hereth fynapna, by reason of his mery mynde. Seventhe: lye he is fleshy throughe the cause before sapde. The. bill is, he is hardy, through & heate of the blud, whicheis cause of bolones. The.ir.is, the fanguine person is benigne and gentill, through bounte of the languynchumour, and more a

Flegma vires modicas tribuit, latosq; breuesq; Tlegma facit pingues, sanguis reddit mediocres.

Sensus bebes, tardus motus, pigritia, somnus.

Hec somnus lentus, piger, in bac sputamine multus.

Et qui sensus babes pingues, facit color albus.

Derethe auctour heweth certapne propretes of the complection of fleme . Tyalte, flematyke folkes be weake, by reason that their naturall beate. whiche is begynner of all strengthe and operation, is but feble . Secondly flematyke folkes be Chorte and thicke: for their natural heate is not Atonge inough to length the body, and therfore it is thycke and thoate. Thyadely fleumatike folkes be fatte, bycause of their greatte humidite. Therfore Auicen Capeth, that Superfluous greace fignifieth colde and morftenes: for the bloudde. and the buctuous mattier of greale, perlynge throughe the beinis in to g cold mebres, through coldenes of the membres, do coniele togither, and fo engendze in man moche greafe, as Galen faith in his.it. boke of operation . De farth after, that sanguine men are myddel bare betwene the longe and the Chorte. fourthly, flematike folkes are more incloned to poelnes and fludy than folkis of other complection, by reason of their cold= nes that maketh them Cepe. Frftely they Cepe longer, by reason of their great colbenes that p= noketh them to siepe . Sprtip, they be dulle of wette and biderstandpinge : foz as temperate heate is cause of good witte and bnderstanding. foo colde is cause of blunt wytte and bull bnder= fandpinge. Seuenthly, they be flouthfulle, and that is by colde: for as heate maketh a man light and quicke in mouynge, foo colde maketh a man heup

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heur and Couthefull. The. viii. is, they be lung pythe and Cepe longe.

Est humor colore, qui competit impetuosis.

Hoc genus est hominum, cupiens precellere cunctos.

Hi leuiter discunt, multum comedunt, cito crescunt.

Inde magnanimi, sunt largi summa petentes.

Hirsutus, fallax, irascens, prodigus, audax.

Astutus, gracilis, siccus, groceiq; coloris.

Auic. ii, i. do. 3. ca. 3.

Auic. ii. i. do.3.ca.3.

Here the auctour teacheth bs to knowe a person of colerite complection. Frate, he is haftpe, by reason of superfluous heate, that moueth hym to hastines. And therfore Auicen farth, that des des of excessive motion, signifie heate. Secon= dly, the colerike persone is desirous of honour, and coueteth to be bypermofte, and to excell all other: by reason that superfluous heate makethe mas mynde prone to acrogance a fole hardines. Thyzoly, they lerne lyahtly, by reason of the subtylenes of the colerike humour. And therfore Auycen fapth, that the binderstanding promptes nes and quicke agilite to intelligece, betokeneth heate of complection. Fourthly they eate moche, foz in theym the heate digetique is stronger, and moze resolutive than in other bodyes. fyftelpe, they encrease sone, through strength of naturall heate in them, whiche is cause of augmentation. The . bt. is, they be stoute stomaked, that is they can suffre no iniuries, by reason of the heate in them. And therfoze Auicen farthe, that to take every thyinge impaciently, sygnifyeth heate.

The

The.bit. is, they be liberall to those that honour theym. The. bill. is, they delyze hyghe dianites and offices. The. ir. is, a colerate plon is heary, by reason of the heate that openeth the poozes. and moueth the matter of hearis to the fkynne. And therfoze it is a common sayenge, the coletycke man is as heary as a gotte . The. r. is, he is discepuable. The . ri . is, he is soone angry, through his hotte nature. And therfore Auicen faythe, often angry, and for a smal cause, betoke= nethe heate, throughe easye motion of coler, and boplyinge of the bloudde aboute the harte. The rit is, he is a waster, in spendynge largely to obtanne honours . The . riti . is, he is bolde, for boldenes cometh of great heate speciallyea= bout the harte. The riui. is, he is wplye. The rb. is, he is fklender membred, and not fleffly. The . rbi . is, he is leane and dape . The . rbit.is, he is laffron colozed. And therfoze Auicen fayth, that coler fignifieth dominion.

Restat et adhuc tristis colere substancie nigre.
Qui reddit prauos, per tristes pauca loquentes.
Hi uigilant studiis, nec mens est dedita somno.
Seruant propositum sibi, nil reputant fore tutum.
Inuidus & tristis, cupidus dextreq, tenacis.
Non expers staudis, timidus, lutciq, coloris.

Here thautoz declareth som tokens of a melacoly pson. Hyzste melancoly maketh folkes shzewd and yll manered: as they that kyll theym selfe. Secondly melancoly folkes are most e parte sad, e, it. thzoughe

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throughe their melacoly spirites, troublous and darke: lyke as clere spirites make folkes glad. Thy dely, they talke lyttel, by reason of their coldenes . Fourthly, they be studious, for they couet alwaye to be alone. Syftely they depe nat well, by reason of the oner moche daynes of p bapne, and through melancoly fumes, they have hortible dreames, that wake they mout of they depe. Spritely, they be stedfaste in their purpose, and of good memory, and harde to please: and this cometh through their dipnes. Seventhly, they thinks nothenge fure, they alwey drede, through darkenes of their spirites. In the. it.laste berses he reciteth some of the forsand sianis and other. Friste, the melancoly person is envious, he is fadde, he is couetous, he holdeth fafte, and is an pll paper, he is simple, and yet disceptefull: and therfore melancoly folkes are deuoute, great te= ders, fasters, and kepers of abstinence. Sixtly, he is fearefull. Seventhlye, he hathe an erthye broune colour: whiche colour if it be any thypnae grene, spanifieth the dominion of melancoly, as Ralis fayth.

Hi sunt humores, qui prestant cuiq; colores.

Omnibus in rebus ex slegmate sit color albus.

Sanguine sit rubeus, colera, rubea, quoq; russus,

Si peccet sanguis, facies rubet, extat acellus.

Instantur gene, corpus nimiumq; grauatur.

Est plusquam frequens plenus, mollis dolor ingens.

Maxime sit frontis, et constipatio uentris.

Siccaque

Siccaq: lingua sitis, et somnia plena rubore. Dulcior adest sputi, sunt acria dulcia queque.

Here thauctour reciteth the colours that folowe the complections. A flematike person is whytly coloured: the colerike is browne and tawny: the sangume is ruddy, the melancoly is pale, cole= red lyke erthe. After warde the terte declarethe tit. colours lignyfpenge superfluite of bloudde. The fyalt is, whan the face is redde, by the afcendynge of bloud to the head and face. The fecond is, whan peies bolle oute farther than they were wonte. Che.iti.ts, whan the eies are (wollen. The . iiii . is, whan the body is all heup: for na= ture can nat fustepne noz gouerne foo gret quan= tite of bloud. The. b. is, whan the pulce beatethe thycke. The . vi. is, whan the pulce is fulle, by reason of & multitude of hotte amoust bapours. The . bit. 15, whan the pulce is lotte, through to moche humpopte that mollyfiethe the mattyer. The . bitt . is ache of the forhead . The . ir . is, whan the bealp is coftine, throughe great heate that depeth by the fylthy matter. The.r.is, whan the tonge is dry and rough for like cause. The. riis great thyzite, throughe drynes of flomackes mouthe engendzed of great heate . The. rit . is, whan one deamethe of redde thynges . This Auteen affirmeth fageng, Slepe that fpgnifieth Aufe, if fe aboundance of bludde, is whan a man dzeameth doc.3, car that he feeth redde thringes : ozelles that he the= deth moche of his bloud, ozels, that he swym= methe e.iii.

meth in bloud and fuche lyke. The riff. is, the swetenes of spittell, through swetenes of bloud. Here is to be noted, that lyke as there be tokens of abundannce of bloud, so there be signes of the abundannce of other humours, as in these verles followings.

Accusat coleram dertre dolor aspera lingua. Einnitus, vomitus offrequens, vigilantia multa. Aulta sitis, pinguis, egestio, torsio ventris. Nausea sit morsus cordis, languescut oreris, pulsus adeli gracilis, durus, veloro calescens. Aret, amarescir, incendia fomnia fingit.

The tokens of abundance of steme are conteined in these verses folowing.

flegma supergrediens propias in corpore leges, Os facit insipidum, fastidia cerebra, filnas. Constarum stomachi: simul occipitis bolores. Pulsus adestrarus, et tardus, mollis, inanis, precedir fallar, fantasmata, somnus aquosa.

The lygnes of abundance of melancoly are constepned in these verses followings.

Humozum pleno dum fex in corpozeregnat. Digra cutis, durus, pullus, tenuis et vrins. Solicitudo, timoz, et trifticia, fonmia tempus. Accrefect rugitus fapoz, et fputaminis idem. Lenas precipue tinnit et fibilat auris.

Denus septenus nix fleubothomiam petit annus . Spiritus uberior erit per fleubothomiam.

Spiritus ex potu vini mox multiplicatur.

Humerumq; cibo damnum lente reparatur. Lumina clarificat, sincerat fleubothomia

Mentes, et cerebrum, calidas facit asse medullas.

Viscera purgabit, stomachum, ventremq; coercet.

Puros dat sensus, dat somnum, tedia tollit. Auditus, uocem, vires producit et auget.

Here the auctour spekringe of bloudde lettinge, sayth, that at . rbit. yere of age one may be lette bloud,

bloudde. And touchynge this Galen fayth, that chyldzen shulde not be lette bloudde, befoze they be rin peres olde at least, bycause chylogens bodies be soone resolued from outwarde heate, and therfoze by boydynge of bloudde they shulde be gretely weaked. Allo for that they nede to nous tyffhe their bodyes and augmente theym, they Choulde not diminiche they, bloudde. Ind eke foz that they be some dissolved from outwarde hete, it suffiseth that they nede not to be lette bloudde. And witteth wel, that as bloudde lettynge is not convenient for chyldren, foo it is buholfome for olde folkes, as Galen farthe: for the good bloud Galo, reg. is lyttell and the yll moche, and bloudde lettynge draweth away the good bloudde, and leaueth the pll, as Auicen fayth: And therfoze bloudde let: Aui. iiii. i. tyng is buconuentent for luche persons. Secon= capi.18. dive, he puttethe the hurte of bloudde lettynge. Of necessite with boydynge of bloudde, done bp bloudde lettyinge, mans spirites beynge in the bloudde, do anopde. Thridely, he theweth howe the spirites should be cherised and restored, and that is by dynkynge of wone after the bloudde lettynge: forof all thynge to norphe quickely, wyne is best, as is befozelapde. The spirites allo be cheryshed and restored by meates, but that is not foo quickely as by wine. And the meate after bloudbe lettyinge must belyaht of diaestion, and a gret engender of bloud, as rere rofted egges & suche lyke. And all thoughe meate restore the spyrites.

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sprites after bloudde lettynge, vet lette the pactentes beware of moche meate the firste a seconde Dave . for Isaac saythe In dieris, that they muste Danke more than eate, and yet they muste danke lesse than they dydde befoze bloudde lettynge, for Digestion is weaker. fourthly, the auctour put= tetha. ri. profites of bloudde lettynge, that is Dulpe done. fpifte, temperate bloudde lettynge comfozteth the spatte: for diminishynge of hu= mours doth eke diminishe fumpage to the head: and the repletion therof, that darketh the lyahte. Secondelye, it clerethe and makethe pure the monde and branne, throughe the same cause. Thyzdely it heateth the mary: for it mynisheth the superfluites, that therto come and coole it. fourthly, it pourgeth the entrayles: for nature bucharged of bloud, digesteth better rawe hu= mours that be lefte. Tyftely, bloud lettynge re= Arepneth bometynge and the laske: for it dy= uerteth the humours frome the interior partyes to the outewarde, and specially the lettyng bloud of the armes, as Aurcen saythe: for lettynge bloud of the feete stoppethe nat fo wel: vet pchace the bloud lettyinge thall augment the lasks, and that.it. waves firste, by bloudde lettyng nature is discharged of her bourden, and bepinge com= forted, it prouoketh other vacuations . Secon= dly, if the laske be caused by areat weakenes of bertue contentpue. For than, by reason that by blouddelettyinge vertue is weaked, the laske is aug=

augmented. Syrtly, bloud lettynge clereth the wittes: for it minisheth vaporation that gooth to the head and troubleth the wittes. Seuenth= lpe, hit helpeth one to flepe, for therby many hu= mours be boyded, of whiche dyners harpe ba= pours are lefted bp, that lette one to flepe. The bili.is, hit takethe away tedpousnes and ouer great grefe, foz therby bertue is bulode of grefe: for with the melacoly blud, the dregges of blud, whiche induceth tediousnes & grefe, are drawen out. The. tr. 18, it comforteth the herpinge : foz therby the vapours and humours that accende to the head, and let the herpng, are dympnythed. The. r. is, it comforteth the vopce: for thereby the superfluites and humidites, that wolde come to the brefte or pppe of the lyghtes, and lette the popce, are Dimmifhed. The. ri. is, hit augmen= teth the frengthes, for therby the bodye is discharged of grefe. Wherfoze the vertue is aug= mented. additeld attal and

Prima dies primi postremaq; posteriorum.

Nec sanguis minui, nec carnibus anseris vii.

In sene vel iuuene, si vene sanguine plene.

Omni mense bone, confertincisso uene.

Hi sunt tres menses, Maius, september, aprilis.

In quibus eminuas, vt longo tempore viuas.

Pere the auctour saythe, that these thre, Maye, Septembre, and Appple, are the monethes of the

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the moone, and in them are dayes for bydden to let bloud, that is the friste of Dave, and laste of Deptember and Apple. Though this be a come montule, pet it is falle. for the forelande dapes maye be as good and as worthy to be chosen as the other, after the diversite of the constellation in them. farther, he farthe, that in those dayes one shulde not eate goose fleshe, whyche is also falle and erronious, and bery wytche crafte. I thenke the auctour hadde this savenge of the Tewes, whiche observe suche maner. Secondly he faythe, that men of myddell aege and yonge folkes, whose beynes be full of bloudde, may be let blud every moneth, forthose may well resyst resolution, and in them is areat quatite of good bloud. Thyzdely he layth: that bloude lettynge for many helth, must be done in one of thefe thre monethes, Mape, September, and Apple. But pet with difference, foz in Appple and Map, the lyuer bepne muste be lette bloudde, bycause than in vertyme the bloudde encreafeth; and in Septembre in the fplene beyne, bycaufe of melancoly, whiche than in autumne encreafeth.

Frigida natura frigens, regio, dolor ingens,
Post lauachrum, coitum, minor etas, atq. seniles,
Morbus prolizus, repletio potus et esce.
Si fragilis vel subtilis sensus stomachi sit,
Et sastiditi tibi sunt sleubothomandi.

Derethe auctour putteth, pit thynges that lette bloudde lettynge. The fyzite is coldnes of complection

plection: for as Galen farth, bloudde lettynge cooleth and augmenteth coldenes: bycaufe, as Ifaac farth, bloud is the foundation of naturall heate: and in that that bloud lettynge boydethe blud, it boideth hete, and so consequently coleth. The. it. 13 a feruent colde contrey, buder whiche a coldeseason shulde be comprehended, whiche alfo letteth bloud lettyng: foz in a countrey and featon bery colde, the blud is closed in the depet partis of the body, and the bloud that tarieth in the otter partis, the colde makethe thycke, whi= the to boide is no wyfedome. The. iti. is feruent ache, under whiche eke mape be comprehended great inflamation of the body : fozif one in luche accidentis be let blud, there foloweth great mo= tion agitative, contrary to nature, and greatter inflammation, whiche weaketh nature moze. The cause of this motion agitative is attractio to dyners partis: foz by blud lettinge attraction is caused to the place that is lette bloud: and by great ache attraction is cauled to g place of ache. The cause of greatter inflammation is, that by bloud lettyinge the humours be moued, wherby they be more inflamed. And this is trouth whan bloudde lettynge is lyttell and artificiall. Yetyf te be done tyl one swounde, hit is holsome in the foreland cales: for this bloudde lettyinge, whan it overcommethe the attraction of the ache, hit causeth nat motion agitative: and lyke wyse it takethe awaye inflammation, whan there be no humours ftt ·IIIIIII

THE RECIMENT

us apho. q ageruntur.

finmozs, that Dulde moue beate, and cause moze Gal in co inflamation. This is Galens mynde, savenge meto illis there is no better medicine for an impostume of feruent inflammation, feuers, and a great ache than bloud lettynge. The titi. is bayninge, fpe= cially resolutive: for that lettethe bloud lettyna. for that were vacuation byon vacuation, which nature can nat easyly beare. The bis carnall copulation: for immediatly after that, one aulo nat be letten bloud, bycause of double weakinge of nature. The. vi. 15 to olde 02 to yonge, as it is befoze touched. Of this Aucen laythe: Cake hede howe thou lettest one bloudde in any of the forland cales: outcepte thou trust in the fraute. in folidite of p musculs, largenes of the beynes, the fulnes of them, and ruddy colour. The. bit. is longe lickenes: for by luche lettying of bloud, nature is doubly febled, both by longe lyckenes Adoministing. This is of trouth, farth Aurcen. excepte there be corrupte bloud, for than bloudde lettynge is hollome. The. bitt. is great repletio of divinke. The iris to eate to moch meate: and binder this is compailed meate bindpaelted. The cause here of (as Aupcen saythe) is this There be, tii. thynges & drawe to them, that is emptines, heate, and secrete bertue or proprete. Than if the beynes be empty through boidpinge of bloud, they drawe to them from the stomacke or liver, budigefted or supfluous meate or drike, whiche budiaested meate whan it cometh to the

mein-

membres, can nat be amended, that is to fave, digested : for the third digestion can nat amende the faute of the seconde, nor the it, of the fyste, if the faute be so great that bit can nat converte into the membres, and hit there remaphynge mape cause some difease. The r. is feblenes, foz bloudde lettynge is aftronge boyder, as Balen Gal.2.aph faythe, therfoze a feeble person mape nat endure commen great diminishipnge of bloud. The ri. is subtile sensphlenes of the stomakes mouthe: whiche is called the harte strynge, for of suche bloudde let= tynge swounpnge foloweth lightly. And bnder this weakenes of the stomake is eke companied, and easy flowinge of coler to the mouthe therof. enducinge bometynge. Wherfore they that haus the forlande accidentes, fullo nat be lette bloude, for by blud lettyng the humours moued, be enduced to the stomakes mouthe, as to a place act customed and bycause it is a weake and anima potent membre to tefpite that flyre, therfore by fuch letting of blud many incoueniences chance. This is one cause whre manye swounde, whan qualit they be lettte bloude: by reason the coler floweth to the Comacke, whyche byfpracthe Comacke, prinethe the harte and stomake for that it causeth one to swounde. The ris lothynge: fortin this lothong, one be let bloud, whan the beynes be emptye, they drawe to them pll mattier that causeth lothsomnes. And bespoes the foresapde accidences there be pet other, that lette bloudde lettina .adail

lettynge. Frist bordringe of menstruous flice or the emerandes: for one diseased with epther of these shulde nat be let bloud: pet it map be done to dyuette the flyte of matter a nother way.

The.ii.is rarenes of composition: for in care bos dpes is moche dissolution: and therefore this re= folution luffleth them without enacuation, as Gasteg. Galen fapther The. itt is rawnes, and clammp nes of humours: for than beware of bludde letting, bycause it encreaseth rawenes ofhumozs. and therfore in longe spekenes pe shulde nat let bloudde: for rawenes of humours encreafethe, Account feebleth, and the fyckenes prolongeth. And therfore Auicen fapth, that in longe speke= nes before one is let bloud, he chulde take a lera= ciue, all thoughe he nede bothe. Rawenes ofhus mouts is caused it waves. Due is throughe a bundace of humours that choke natural heate. whyche chokynge bredeth rawe humours, and than bloudde lettynge is hollome. Mherfoze Alex.2.11. Alexander fapthe: Lettpuge of bloude in the bes ca. hidrop apinipage of the deoply is holfome: whan it co=

pifi. meth by abundance of menstruous bloud, that

through some cause is prohibited to issue nor by abundance of the emeraudes: for lyke as a lyttelfire is quenched buder a greatheape of wod. foo lyke wyfe naturall heate is suffocate with as bundance of humouts. The incause of rawehumors, is feblenes of naturali heate, as in folkes of feble complection, of fuche as have ben longe

licke.

ficke, or be bery aged, for that the fayo bloud let= tpng is bnhollome: bycause it augmeteth raw= nes, for the bloud that conferueth hete is drawen out, and so the body is made cold, an humours amore rawer: Therfore the bloud mufte belefte to - digeft cawe humors. The inicis, bndue dispost= cion of the aver, epther to botte or to colde : for moche heate caufeth ftronge resolution: & great coide maketh the bloudde thycke and bnapte to tile and prepared to illus out mesorous cospilis

30 311 Quid debes facere quando uis fleubothomari, 101101 Veliquando minuis, fueris vel quando minutus.

Jus Vnctio fine porus lauachrum velfasciamorus, 1 1611

110 Debent non fragili tibi fingula mente teneris and 101

This texte declareth four thomas pought to be 1. thomas Done about blud lettynge: Come befoze, fome at in Bloudde the tyme, and some after. The fyzite is annoyn- lettynge. thinge, which other whyle is bled in the bloudde -lettynge, as to announte the place or bepne that is opened, to alwage the pepne: sometyme hit is bled after bloudde lettynge, to kepethe gathe that hit close not by to some, that the humours that be lefte in the beynes may have fome refpi= ration, and some pl fumes borde out. The. it. is to drynke, and specially wone, whiche is good in bloud lettynge: if one hap to fownde: and alfo tit is berpe hollome after bloud lettynge; tore= upue the sprites and engendie newe bloudde, · whiche thynge in practice all philitions obletue, The thyrde is bayinge, whiche is holfome iit. describer. dayes

Daves before and thre daves after bloud lettinge and nat the same dape. Dit is good befoze, if one thinke he have groffe humours within hom, for baminge leuseth and moueth the humours, and for the layde cause it is holfome to take a sharpe -fprope befoze, to moue, diffolue, and make fub= tyle the hamours. And therfore, whan pe woll lette one bloud, pe must rubbe the arme, that the humours in the veines about man be made lub= tile and prepared to issue out more easylye. Bit is hollome after bloud lettynge, that the telpoue of humours and bapoures, that be lefte behynde, may be leufed. It is not holfome the fame daye. foz bayninge maketh the Ckynne linnowe og loupulle, whiche made lynnowe wyll nat abyde the froke that is apuen in bloud lettyinge, and that is dangerous. The fourth is byndynge with linmenclothes; which is very hollome to from the bloudde after enacuation therof, and before bles dyng to drawe the humours in the beynes, and to cause them to swelle, and better to appere. The fyfte is moderate walkynne after blud lettyng, to diffolue and make subtile the humours, and after warde to leufe the respone of the humours that be lefte behynde. Some ble to be letbloudde fastinge, but some other save, hit were better to eate a rere rosted eage frist, and thereo daynke a draught of wine, about the boure of .w. oz pbefoze opner, and forth with to be let bloud : By cause whan the Comake is emptye, nature tetepneth

reternethe stylle the bloudde moze strongelye, lefte he Chulde lacke nourplhemente, but whan one bath eaten a lyttell noutplbynge meate, as where and enges is, tha nature fuffreth the bloud better to illue.

Exhilarat triftes, iratos placat amantes.

Ne sint amentes fleubothomia facit. Dere be Declared thie effectes of bloudde letting. Frafte it maketh a ladde person mery. Secondly it appealeth angerp folkes: The reason is this, moche melancoly myngled with the bloud, caufeth heupnes, and moche coler causethe anger, whyche two humours, as they be myngled with the bloudde, are diawen oute by bloud lettynge. Thy dely it kepeth louers from furious rauma. for it remoueth the bloudde frome the head, and auopoeth it by the other exterior partes . far= thermoze there be. b. causes of bloudde lettynge. The frifte is, that the abundance, whether it be in qualite, oz quantite, oz bothe, fhuide be boided. for as Aucen layeth, two maner of folkes must belet bloud. One are suche as be disposed to be ficke, that have abundance of bloud in quantite. The other are they that are licke alredy, through the malyce of humours or bloudde. But there is difference in these two bloudde lettynges . for bloudde lettpinge for the abundance of bloudbe ought to be moche, but whan it is bone to auoide pli bloud, it must be moberate, as Galen fayth. Ga.9.me. Ind therfoze they do very pl, that lette them felfe

ato kanga

fectes of Blondde lettpnge.

blede

Galen . in com.illius aph . que reguntur.

fectes of Blandbe

fertingere.

blede tyll they percepue the good bloud isfue, for parauenture all they bloud shall runne out, er they fee any good bludde appere. Therfore they Chulde boide a litel at ones : and after the minde of Balen, in this case : befoze thep let one bloud, they (hulde anue hom good meates, to engendie good bloudde, to fulfyll the place of the pl bloud that is anopoed: and after within a lyttel space, to lette bloud a lyttell and lyttell. This is called derecte lettyinge of bloud, for it is done to auopde abundance of bloud, and of suche humours, as Mulde be auopded. The fraste indirecte cause is the greatnes of the disease, and greatnes of the apparent behement inflammation, for as Galen farthe, there is no better medicine for an impo= frume of behement inflammation, feuers, and a great ache, than bloud lettyng. The fecond india recte caufe ig. that the mattier, whiche muste be auoided, be drawen to that place from whens it muste be auopoed. And therfore in retention of the mentruous flice and emerawdes, the greate benne in the fote called Sophens, must be opened. as Galen farthe, to drawe downe the mattier of the bloud. The thride indirect cause is to diawe the humours to the place, contrary to that place that they flowe to, to dy uerte the mattyer frome that place. Therfore for to moche abundance of menstruosite, the vepne Basilica, muste be lette bloud, to turne the matter to the contrary parte. and foo to voyde it frome his propre course. And adald therfore

Ca.9.ms.

therfoze he that hath a plurely on his lefte lyde, must be let blud on gright lide, to diverte a draw the mattier to the place contrary to that place git enclyneth to. And lyke wyse if it be on the ryght side, to let bloud on gleste. The list indirect cause is, g by lettyng of bloud, one portion of g mattier may be anoyded, that nature may be the stronger by other estidue, a so lettyng of bloud is holsome, whan the bodye is full, lest imposiumes growe: for the regiment of nature is feble, in regarde of these humors: wherfore whan a portion of the mattier is boyded, nature governeth the mattier soo that it shulde not slowe to some weake place and brede an imposiume.

Fac plagam largam mediocriter, ut cito fumus 10 molbor

Exeat vberius, liberiufg cruor. and elem mala of

Here the auctour fatth, that the gathe made in let tinge of bloud ought to be of a meane largenes. pthe groffebloud may eafely iffue out: for wha p gathe is frapte, the pure bloud onely goth out, and the groffe abydeth Arli in . And note, that fome the galfhe mufte be great, and fome tyme smalle. The gathe muste be great foz iti. causes. Friste, bycause the humours be grosse. and groffe bloud must be boyded, as in them that be melancoly. Secondlye, in wynter the gathe must be great, for colde engrosseth the humors. Thridly, for thabundance of humours, for they anopde better by a greatte gasshe than a small. Butthe gathe must be smal, whan the personne a.it. lettynge 15

Cataph, Super Illo.

THE RECIMENT

is of weake strength, that the spirites and naturall heate anoyde not to moche: and lykewyle in a hotte season, and whan the bloud is pure.

Sanguine subtracto sex horis est uigilandum,

Ne somni fumus ledat sensibile corpus.

Ne neruum ledat non sit tibi plaga profunda.

Sanguine purgatus non carpas protinus escas.

Thre thinges muste be consposed whan one is let bloud . fratte that he depe natin . bi. houres after, leed the fumes engended by flepe afcende to the head and hurte the branne. farther leade in his Clepe he turne hym on the arme that is let bloudde, and therby burte bym, and leefte the bu= mours by flepe, flowe to the peynful membie, by reason of the incisio, and so brede an impostume. for Galen farth, that if impoltumes brede in the body, oz in a membre that is hurte: the humours woll flowe therbuto. But Auicen affignethe an other cause, that by suche slepe may chance confraction of the membres: The cause mave be as Balen farth that fleve is buholfoine in the aque fytte: for naturall heate gothe inwarde, and the outwarde partes ware colde, and the fumes res maph buconsumed: wherby the tygour is aug= mented, and the feuer fotte prolonged. Allo by mournae of the humours in letting of bloud, fus mes are repled by to the senowes and brawnes of the armes: which remaphonge buconsumed, ware colde in flepe, and ingroffe in the bitter par= tes. And therfoze if one flepe immediately after lettynae

Ga.2.aph, super illo. Inquo.&c

letting of bloud, they cause confraction of the fe= nowes and braunes of the armes . And he farth. that one in lettynge of bloudde, must beware that he make not the galhe to bepe, lefte he hutte a fea nowe of an artery ftrynge under the beyne: for hurtyng of a senowe causeth a moztall crampe, og loffe of a membre, as an arme og a fynger, and hurte of an artery ftrynge, caufeth bledyng bn= curable. Ind one ought nat to eate immediatly after he is let bloudde, but he muste tary tyll the humours in hom be in quiete, leafte the meate a= foze it be digested, be dzawen to gether with the bloudde, to luccour the hurte membre.

Omnia de lacte uitabis rite minute, Daniduolo glos Et uitet potum fleubothomatus homo. 303 : 33 (B 02313 Frigida uitabit, quia funt inimica minutis? 3111101 (13110) Interdictus erit minutis nubilus aet. 11 1 d on B., Though Spiritus exultat minutis luce per auras. 30006 301103

Omnibus apta quies est, motus ualde nociuus. Dere the auctour faythe. v. thinges multeberelas . ffinges chewed of hymthatis let bloudde. The frate is to be fled milke and white meates: for by flurryng of bu: that is fel mours caused by lettyinge of bloudde, ofte tymes Bloudde, fome humours flowe to the ftomacke : therfoze if he chulde eate mylke, by manglying with the hus mours, it wolde corrupte in the flomacke: futh of it felfe it is berpe corruptible. And eke by refon that it is sweet, the mplke may be drawen to the bepnes budigefted : and throughe furrynge of humours lyghtely corrupte. Secondelye, he multe a.iii.

The Beff the execute age to let ekontobe.

multe bewate of mothe daynking: for by reas son that the vernes be empty, the dynke budy= delito is indiffy drawen to them, as is aforefaid. Thy wip he must eschewe all colde thynges, as wel outwarde, as inward, as meates very cold, colde apet, colde bathonge, thonne clothonge, restringe on stones, coldenes of the head and fete, for by reason that natural heate is febled by lettring of bloudde, the body will some be to colde. Fourthly, he that is let bloud, shulde nat walke in darke cloudy of troublous aper: for that maketh hym heup and buluffy, as is afore sayde at, A er fit mundus. Oc. And heutines is cause of melan= coly bloudde. Therfore he must walke in a fayre clere aver: forthat recreatethethe naturall and lyuely spirites. Apfely he must each ewe excelline labour, and ble moderate refte: fozegceffine fur= eringe about than specially, weakethe and mouethe humours, but temperate reste swagethe Sere the auctour faythe, v. thungen mufinditoms. thingre

ont sa of & Principio minuas in acuris perpera cutis angul to Coulodo Etatis medie multum de sanguine solle. In ou on selling

Sed pure atq; fenex tollet uterq; parum.

Ver tollet duplum, reliquum tempus nisi simplum.

Here he speaketh of. ini. thynges of paste, the let truge of bloud hulde bedone in the begynnpuge of harpedifeafes, which are ended & tin daye. for fuche be Morte and make no delay: therfore they must be remedyed at the begynnynge.

The . ii. is that from . rer. pereto . rlb . oz. l. one Chulde a.iii.n

The Beff tome and age to let Blondde.

that is led

Brosspan

Mulde be let bloud moofte, for at that ace bloud encrealeth moofte of all: noz the dympnythynge therof letteth not the growpage: northe bodyly Avenath is not leffed therby: for the body in that age groweth not, but semeth to stande sid at one sansus state. The thy de is, that olde folke and children mulde be let bloud but iptel : foz ponge childzen nede moche bloud to northe and encreafe them, and aged folkes ftrength decayeth. fourtehlpe, in ber double quantite of bloud fhuld be boyded in regarde of other featons: for that tyme fpe= cyally encreafeth bloudde, as all philitions fave. Couchynge the friste lavenge, a fewe rules con= cernpage lettpage of bloudde, wolde be gpuen. The fyzite is, that at the begynnynge of the fpckenes one huld not be let bloudde, for as Galen Ga. 3 les farth, nature is worker of all thrnges, and the philition is impuifter . But he farth, that no bas cuation at the beginning of fichenes is natural Idem , fiffs for as nature in the beginning of fockenes audis aphorif in beth nothunge. loke wife no more thulo the phi com fug. fition . Yet threethynges withstande this rule . Egriudi . The frafte is furiolite of the mattier. For Auicen farth, that whan the frekenes bearnnethe, one thuld not be let bloud, for lettynge of bloud flux= reth the humours, and maketh theym subtyle, and to counne through out all the book outcepte the mattiet be fucious. The fecod is abundance Galmaph, of the mattier: for Balen laythe, that it is than hus mord behoueful to be let bloud of take a mediein lara bis, &c. tiue. 0.5000

ei silis is Pabapue hibication eviper to geripe oz

tiue, to alleviate nature loded with abundance of matrice. The thribe is greatnes and thatpe= nes of the syckenes, as whan there is a greatte and an achefulle impostume, thoughe the mats Ga.13.me. tier be lyttel foz Galen fayth, if the impostume be great, ve must let bloudde at the begynnynge, thoughe there be but lettell mattier : leaste it breke or open er it be ripe : therfore to eschue ma= ny inconveniences bloud lettynge muft be done, The it rule is, that bloud lettinge may not be done on the day of motion of the syckenes, as in Crifis, noz no other vacuation noz divertyng of mattier from the place that nature fendeth it to . Pollykewple in the ague fitte. for Balen lapth. That whan the fickenes is in his estate, nepther beige mus bloudde lettynge noz laratiue Chulde be done. Forthan the matter typeth, whiche typeth bet= ter by quietnes than by fteryng. The thirde rule is, that lettyngebloudde Coulde not be done in begynnpnge of the fyckenes, whan crifis is temoued: for Isaac sayth in his boke of brines, E critechia that though & hatt be the engendzer of the bloud and spirites, pet the bloudde is fundation of na= turall heate, and sustepneth it, for heate is na= turallye therof engendzed: and therfoze he that boydeth bloudde, boydeth heate: whiche Chulde digelle the mattier of the lyckenes, and foo confe=

quently the fyckenes is prolonged, and frength

weaked . And therfoze it is to dzede , lefte through lengthynge of the lyckenes, and weaking of the

Grenath

Crisic le Fodapne

Indication epther to Belibe 02 fation.

Ca inguil.

Arenath, nature Chuld fayle. The fourth rule is. that the bodye haupinge dregges or fylthe in the guttes, thuld not be lette bloud. The cause is. there be thre thringes that drawe to them, heate. emptynes, and all the chappe, so whan the bepnes be empted by lettynge of bloud, they drawe to theym from the nexte membre, as the auttes. and stomacke, whereby the bealie is indurated. and the mattier in the bennes are more enfected, the mpferaike draweth the humidites of the oz-Deurs, and the ordeurs are dired the more, there fore ye must fraste molify the bealy with clisters 02 suppositozies, excepte it ware laratine alone. The . b. rule is, that lettyinge of bloud (huld nat be moche vled: for by ofte blynge therof, one diawrng in age, falleth in to divers diseases, as Epilencie, Apoplexie, and palley, for by remouing of the blod and heate, many fleumatyke superfluites are engendzed, that caufe thefe difeales. The . bi . tule is, that a woman menstruate, 02 with childe shulde nat be let bloude. A woman with childe hulde nat, for thetby the heate that digesteth meate is dyminished, and the foode of that that the goth with, is taken away: specially whan it that the gooth with, wareth great, for than it nedeth moze foode. This favethe Hippocrates: whan the menstruosite kepeth due course and boydeth naturally inough, lettying of blod Chuld not be done, but when it boideth to moch, than to diverte the mattiet, it muste be doone,

Bi.b.apho.

fo2

THE RECEMENT

fornature wolde nat belette of her operation. The. vii. rule is, that after the colonicke passion one thuld nat be let bloud, for by reason that let= tynge of bloude stoureth by the humours, a cos lericke humour may flowe to the stomake, and enflame it: nozafter bometpige, lest humours lykewyle flowe to the flomacke: noz after y flire, noz after great watchyng, noz after moche trauaple: noz after any thyinge that greatly heateth oz dissolueth: for in those cases lettyna of bloud Choulde greatly moue the humours, and enfeble the Arength. Powe it is to be considred, who be mete to be letbloud: A therfoze we Chall declare a fewe rules. The frafte rule is, that lettring of bloude is very expedient for delycate, ydel, and cosfy folkes: and that ble meates engendayinge moche bloud. The fecod rule is, it is holfome for those that have abundaunce of bloudde, whiche abundance is knowen by the thyckenes of they? brine: for abundance of bloud maketh it thycke, and abundance of coler maketh it thynne. The third is, they should be let bloud, in whom

The third is, they thould be let bloud, in whom melancoly abundeth: for whan moche natural inclancoly runneth with the bloud through out all the body, not purifieng the yil bloud, than letting of bloud is holfome. There be, it kyndes of melancoly, natural and unnaturall. Natural is the dregges of bloudde, whiche whan it aboundeth, it runnethe with bloudde: and in lettyinge of bloudde is boyded therwith. For of the same

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temperate heate, bloud, and melancoly, the drege ges therof, is engended. The . iii. tule is, that whan boplynge, conturbation, and calefaction of humours is feared, it is hollome to let bloud: and those persons, as soone as they fele they in felfe inflamed. Chulde be let bloud, to auopde the forlaid motions, caused by greate abundance of humours . Yet other while some be discepted by this rule: for forthwith wha they fele calefactio, A feare boylig of humours, they let them bloud. And whan this cometh of heate, calefaction, and incision, the calefaction or boyling celleth nat by bloude lettynge, pe it is rather augmented : foz bloud lettyinge moueth the humours, and ma= keth theym runne throughe the body: therfore lettynge of bloude is not hollome, excepte it be for abundance of humours, whiche is knowen by moche swette specially in the moznynge, foz there be some that swette nat, except they nede euacuation. The. b. cule is, they that be myahty and strong, shoulde be let bloud, anat they that be colde and day. Foz Balis layth, that those bo= dies are apte to be let bloud, that have great ap= parant bepnes, be heary, and colosed betwene browne and red, and folkes nat to yonge nor to olde, for chyldren and buweldy aged personnes Mould not be let bloude, excepte great necessity require it. Many of the sayo rules be gethered out of Auicen.

Estas uer dextras, autumnus hyemses sinistras. h.ii. Quatuor

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Aui. iii. i. ca. de fleus Bothomia.

THE REGEMENT

Quatuor hec mebra cephe, cor, pes, epar uacuatur. Ver cor, epar estas, ordo sequens reliqua.

Dere the auctour recytynge certaine thinges concerninge the membres that be lette bloude. faithe, that in ber and sommer the beynes of the ryante hande, arme or foote huld be let bloude. But in wynter and autumne, the vernes of the lefte hande, arme, og foote muft be dyminisched. The cause hereof may be, for that bet encreaseth blud, and somer coler, therfoze in ber and som= mer ye chulde diminiche those vernes, in whiche bloude and coler abounde, whiche be the traft spde vernes, for on the rpatte spde of the bodge standeth the membre that engedreth bloud, that is the lyuer, and the receptacle of coler, the gall. Autumne engendzethe melancoly, which is ge= thered to gether, a nat resolued by wynter: ther= fore in ver and wynter, those vernes houlde be let bloud, in which melancoly hathe dominion. whiche be the lefte side vernes, for the splene is on the lefte lyde of the body, whiche is the receptacle of melancoly. Decondelye he laythe, that thefe. titi. membres, the head, the harte, the fote, and the lyuer, after the. uii . scasons of the pere, muste be empted, the harte in ber, the lyuer in fommer, the head in wenter, and the foote in Autumne.

Dat saluatella tibi plurima dona minuta. Purgat epar, splenem, pectus, precordia, uocem. Innaturalem tollit de corde dolorem. to Hisus

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Dere the autour recyteth. b. commodities that comme be lettynge blod of the beyne Saluatella. It is the beyne on the backe of the hande, be= twene the myddel fynger and the rynge fynger, it purgeths the lyuer, it clensethe the splene, it mundifieth the breaft, it preseruethe the stoma= kes mouthe from hurte, it doth awaye hurte of the boyce. The reason of all these commodites is by cause the forlande beyne auoydeth bloude from all these places, as after it shall appere. for amore ample declaration it is to witte, that in lettying of bloude, otherwhyle the vepnes be opened, and sometyme the arteries. The ope= nyng of the artery is dangerous, & cause hereof is the over moche bledynge, whiche is caused.it. waves. One is throughe feruent heate of the at= tery bloude, for a hot thynge is soone moueable, a dilateth a openeth the artery, a therfore it hel= peth moche to boyde the bloud, in letting bloud the artery. The.ii. cause is mobilite of the arte= rie, and therfore the wounde or gasshe in it is flowelyer healed, for woundes with out reft can nat heale. Yet this lettyinge of bloude is holfome iti. maner wyle. frifte whan ther is abundace of subtil bloud in the body. Secondly whan the bloude is vapozous. Thyzdelpe whan it is hotte. for subtyle bloude, of which natural blod and spirites be engended, resteth in the artery: but aros bloude that nourytheth the membres, resteth in the beynes. Lykewyse the vapozous b. tit. blod

bloude is contepned in the artery, and languine bloud in the bennes . Also the hottest bloude, the which is of the harte the hottest membre engen= died and digested, is conteined in the artery, and the other bloud in the vernes. Secondly note, that the vernes are opened in many membres, sometyme in the arme, or in the great hande or small, sometyme in the foote, somtyme in the note, some tyme in the forhead, sometyme in the lyppes, sometyme buder the tounge, or in the ruffe of the mouthe, sometyme in the comers of the eies toward p forhead. from the arme pytte to the ellebowe are . b . bernes to be opened, as Rasis and Auicen say. The first is called Cephas lica, whiche is the head berne: The. ii. is called Basilica, whiche is the lyuer benne. The. iii.is called Mediana, 02 Cardiana 02 nigra after Auice, oz matrix after Balis. The titt is called Affellaris: The. b. is called Funis brachij. In the leffe hande is Saluatella, so that in the arme, in that it contep= neth the moze and the leffe hand, are. bi. bernes to be opened. Cephalica empteth the parteg about the necke, and therfore to open that beyne it is good for diseases of the head, as the mearin & other hotte areffes caused of hotte matter. This berne begrnneth at the shulder, and gothe forth towarde the lefte fode of the arme. Basilica, emn= tethe the partes buder the necke, as frome the break and lyuer: and therfore the lettyng bloud of this benne is hollome for difeales of the breft and

and lyuer, and traft good in plutelye. This beyne bearnneth at the arme hole, and gothe as longe to the bowning of the arine. Mediana is be twene thefetwo faid bepnes, and is compacte of theym bothe, fozit is the braunche of eche. And it is the median in vacuation: for it vopdeth from all about, bnder, from, and aboue pnecke. wherfore it is the universal beyne to al the body in boydyng: but nat bniverfal (as some say)by= cause it begynnethe at the harte, but bycause it is the braunch of Cephalica and Bafilica, Ther= foze whan you wyl let Cephalica bloud, & it appes reth not, pe shuld rather take Mediana, than Basi lica. Ind like wyfe whan pe wyl let Bafilica bloud, and it appereth nat, ve thoulde rather mynythe Mediana than Cephalica . fozit agreethe better to bothe, than one of them with the other. Saluatella is p bepne betwene p inpodell fynger and the rynge fynger, moze declynynge to the mpd= del fynger. It begynneth of Bafilica. Chis beine is opened in the ryght hande for opilation of & touer, and in the lefte hande for opilation of the fplene. There is no reason why it shuld be so as Aurcen Capthe, but experpence, whiche Galen founde by a dreame, as he farth. He had one in cure, whose lyuer and splene were stopte, and he dreamed that he did let him bloud of this beineand so he did, and cured the pacient, 300 han this pepne is let bloudde, the hande muste be put in warme water, to engroffe and vilateit, bycaufe

itis

tt is fubtile, and that the gathe thulde nat close to soone, and to make the groffe bloude thinne. Affillaris is binder Bafilica, and apperethe in byn= dynge the arme: and lyke ingement is of it as of Bafilica. Funis brachij is ouer Cephalica, 02 elles the hyndermoste bone: and is of one jugement with Cephalica. Therfoze as Auicen and Balen fave, though in openinge of bepnes, be buiuer= fall bacuation of all the bodye, yet nat from all vernes egally: noz lyke icopdy is nat in all . foz Balis layth, that Cephalica is the luter, and Bas filica moze to be feared, and Cardiaca is to feare. but nat fo moche as Bafilica. Cephalica is furefte, for there is nepther senowe nor artery about nor bnder it : but bnder Cardiacathere is a fenome, and opper aboue it is a subtyle senowe: ther= toze it is to feare, leste it Gulde be cutte. Balis lica is very teoperdous : for under it is an arte= cy, and nece it a senowe and a muscull. Saluatella is not icoperdous, and therfoze & better to open it, it wolde be put in warme water . In the fote be thre bepnes, Sciatica, Sophena, and the hamme bepne. These bepnes be opened to drawe the bloude to the lower partes, as in pronokynge menstruospte, and the hamme beyne is better than Sophena, of Sciatica: for it is neve the ma= trice. Sophena draweth blod from the parde, cod= des, and matrice, and Sciarica frome the ancles raines and other membres towarde mans lyfte fyde. Sophena frome the matrice and membres there

there about, thoughe they be braunches of one berne. In the middes of the forhead is a berne. whiche is opend for olde diseases of the face, as mozpheu, dzve fcurfe, and fcabbe, and foz difea= fes of the eyes, but forft Cephalica must be moni= thed. There is lyke wyse a beyne in the noose. and whan any of them is opend, the necke must be bounde, and one opend after an other: and by byndynge of the necke, they wyll better appere. There be beynes in the lyppes, whych be opend for impostumes in the mouthe or gommes, but Cephalica is fyste mynyshed. To open the foure bernes in the ruffe of the mouthe is hollome a= gaynste the reumes that flowe to the tethe, and cause them to ake. These bernes appere playne= ly: and muste be opend whan the matter is Dy= aested. There be vernes in the corners of the eves towarde the forhead, and they be opend for diseases of the eies, but fraste Cephalica must be mpnythed. The bepnes in the tympulles be let bloudde for the mearym, and for great and long head ache. And those be the bennes, that hippo= crates and Galen calle Inveniles, the incilion of the vernes maketh a mã bnable to get childzen. Also in the neck be beynes, called guides, which must be opened in the bearnninge of lepze, and specially for stoppyinge of the wynde pypes, and in the swonacre, whychelettethe one to drawe his breathe.

Si dolor est capitis ex potulimpha bibatur,

THEREGEMENT

Ex potu nimio nam febris acuta creatur.

Si uertex capitis uel frons estu tribulentur.

Timpora fronsq; simul moderatur sepe fricentur

Morella cocta nec non calidaq; lauentur.

head ache caused by daynkyng. and reme die there soze.

Here thauctour notinge two thynges saith, that if head ache come by to moche dynkynge and speciallye of wyne, of of any other dynke, that maketh folkes dronken, one muste drynke colde water upon it, the whyche with the coldenes therof ingrosseth the fumes that are lysted up, and lettethe them to hurte the brayne. The second thyng is, that if the toppe of the head of sochead be greued with to moche hete, than the timpuls shulde be moderately chased, and after walshed with warme water, in the whiche motherworte is sodde, for motherworte is cold and coleth.

Temporis estiui ieiunia corpora siccant.
Quolibet in mese confert uomitus, quoq; purgat Humores nocuos, stomachi lauat ambitus omnis. Ver, Autumnus, hyems, estas dominatur in anno. Tempore uernali calidus sit aer humidusq; Et nullum tempus melius sit sleubothomie, Vsus tunc homini ueneris confert moderatus. Corporis et motus, uentrisq; solutio, sudor. Balnea purgantur tunc corpora medicinis. Estas more cale siccat nascatur in illa. Tunc quoq precipue coleram rubeam dominari. Humida frigida fercula dentur, sit Venus extra. Balnea non prosunt, sit rare sleubothomie. Vtilis est requies, sit cum moderamine potus.

Pers

Dere the autour notying diverse thinges, sayth,

that moche fastynge in sommer direth the body. for in that that former is of nature botte and dipe, it resolueth the humours : the whyche also be resolved by ofte sweatings in sommer, and so fastynge ther boon drieth the body moche moze, for whan the humpdite of meate is goone, the beate of the body workethe byon his ownehus midites, and dypeth them. Wherfore Hippocra= tes faieth: Dunger is expedient for those that are very morfte, for hunger direthe the body. The.ii.thong is, that bometong ones a moneth is hollome, for therby hurtfull humours that be conterned in all the circuite of the stomacke, are boyded. To this agreethe Auicen, sapenge: Dipocrates byodeth one to wompte euery mos neth twyle .it. dayes one after an other, that the feconde day map auopde it that the fyifte coude nat, this conferueth helthe, and scoureth the sto= make from fleme and coler. The flomake hathe nothynge to pourge it, lyke as the guttes haue red coler. Auce putteth other profites of bome= tynge that is well done. fipilt it is good for head ache, caused of movite bapozous mattier, that ascend from the stomake to the head, but if head ache come of his owne hurte of the branne, than bometynge bothe rather hurte than profytte. Secondly it eleveth the spatt, darked with vapozous mattiere of the flomacke, oz elles nat. The . iti. 18, it dothe awaye wamblynge of the stomake i. it.

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Hip. vii.p. aphoris.

THE REGEMENT

thomake, in that it auovoethe thehumour that caulethe it. The . uii. is, it comfortethe the fo= macke, in to the whiche coler is descended, the which corrupteth the meate. The . v.is, it bothe away lothenge or aborrenge of meate. The. bi. is, it dothe awaye the cause, that makethe one have a luste to Charpe, ponticke, and sower thinges, y whiche cause of these dispositions berna remoued, putteth or dothe away & effecte therof. The . bil. is, bometynge is hollome for the laske that cometh before the dropely, for it auopdethe the mattyer of the land laske, and purgethe the stomake. The. biti. is, it is holfome fo; the grefes in the carnes and bladder, for it divertethe the matter pflowethe to thefe partes, an other way. The. ix. is, if bometynge be done by con= straynte of elborge, it auopoethe the mattier, wherof lepze growethe: it amendethe the fracte digestion, that the other digestions may the bet= ter be done. The. r. 15, it makethe one to haue a good colour. The.ri. is, it purgeth & fromacke of a humour that caufeth epilencie. The . rif. is, by Aronge confrainteit remoueth a floppinge matter, the whythe causethe Ictericie. And lyke wyle it auoydeth a fleumatike mattice, the whis che commonly is cause of this stoppynge. The. riii.is, it auopoeth the matter that caufeth Afma, a disease that causeth one to drawe his breathe peynefully, and eke it comfortethe the spiritual membres, by whose heate, the superfluities that caufe

caufe afma, are con sumed. The riii is, tt is hot fome agapufte thakpuge and palfepe, fozit a= uopdethe the matter that is cause therof. The rb. is, it is hollome for one that hathe greatte blacke fozes an his lower partes: foz it turnethe the humours from thence. Although bometyng duely and well done because of these commodites, pet whan it is buduely done, it enducethe many hurtes: for it feeblethe the stomacke and makethe it apte for mattiers to flowe in to, it hurtethe the breast, the spaht, the tethe, old heed ache. Ac. as Auicen fapth. The . iii. thynge that Ani. ii. i. is noted in the texte is. that there be.iii. leafons cap. wills. of the pere, ber, fommer, autumne, and wenter. Mer in respecte of the other seasons, is hotte and mopfte, thoughe it be temperate mit felfe, as Balen fapth in his boke of complections, wher= foze it foloweth, that this feafon is more apte to lette bloudde in. than the other: foz it dothe moze encreace humours. And therfore in this feafon moderate ble of carnall copulation, temperate motion, lafke, flyre, and swette is convenient, and lyke wple temperate bathpuge to diminishe repletion. This feason is eke good to take pour gations in. The. ini. ig, fomer heateth & Daveth: and therfore it encreaseth red coler hot and dape. And for this cause in sommer we muste feede on colde and morft meates, to diminishe the feruet= nes of the heat and drought, and than we ought to absterne from carnall copulation, the whiche I. III. allo

also depethe, and from ofte bayning, and be let bloudde seldome. for like cause. We muste ble quietnes and little motion: for quietnes dothe morse, and moche mocyon depethe. In this season in special we muste be moderately to depithe colde depithe: for supersuous depithing of colde depithe, by reason that the poses be ope, dothe make the body sodaynely a colde or causeth the passey, or laxite of the membres, or elles sodayne dethe. From the which he defende bs. that lyueth and reigneth eternally Amen.

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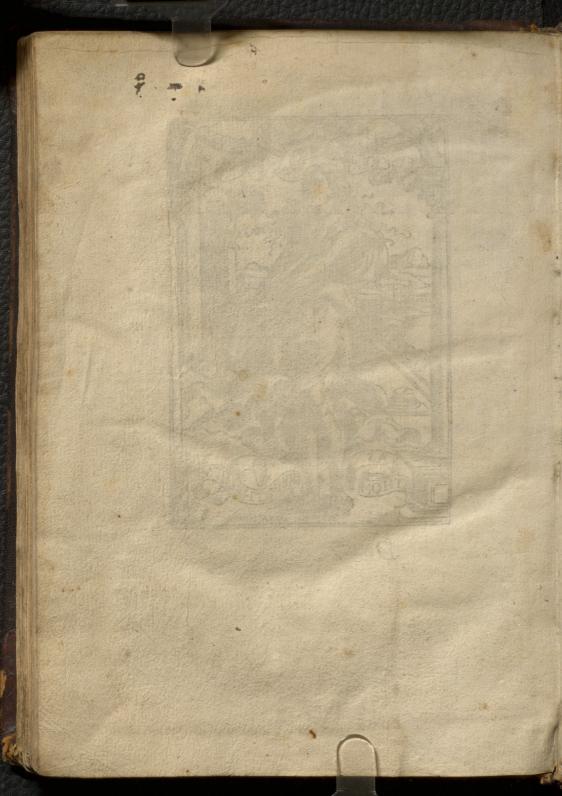
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Dorothy



amë-ded, aug-mented, and diligent-ly impryn-ted. (Colophon:) Imprinted at London, in Paules chur-cheyarde at the sygne of the Lambe by Abra-ham Uele. Anno Domini. M.D.LVII. 705 JOANNES de Mediolano. Regimen Sa-nitatis Salerni. originaladition slight water-stain running through some blank bottom margins towards the end; a very fine copy in calf antique, by Rivière teaschyng all people to gosuerne them in healthe, is translated out of cake 443 Sm. 8vo., 192 ll. (** A* A* A4 blank B-Y* Z*-Z4 blank); a 1931,

